



Resource Guide

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Emergency/Crisis Contacts:

In the event of an emergency, please call 911 or go to your nearest hospital or emergency department:

- Emergency Services **Call 911**
 - Police/Fire/EMS/Mobile Crisis Rapid Response Team
- Brantford General Hospital 200 Terrace Hill Street
Brantford ON, N3R 1G9

If you or someone you know is in crisis, please contact:

- St. Leonard's 24-Hour Crisis Line 519-759-7188 or 1-866-811-7188
- Canadian Suicide Prevention Hot Line 1-833-456-4566
- Telehealth Ontario 1-866-797-0000

Find a location to receive FREE Naloxone Kits in Ontario:

- St. Leonard's Community Services: 133 Elgin St. and 225 Fairview Dr.,
Unit 1, Brantford ON, N3T 5P9

- Brantford Downtown Outreach Team: 12 Market Street,
Brantford ON, N3T 2Z4

- Haldimand Norfolk Brant Van Program: 289-440-4912

- Brant County Health Unit: 519-753-4937 ext. 460
194 Terrace Hill Street,
Brantford ON, N3R 1G9

- Local pharmacies in Brantford and Brant County
 - To find a pharmacy near you,
call the Connex Ontario helpline: 1-800-565-8603

- Map of locations in Ontario for kits and training: <https://www.ontario.ca/page/get-naloxone-kits-free>

Local Resources - City of Brantford and County of Brant

Name of Agency	Description	Contact Information
Boys & Girls Club Brantford 2 Edge Street Brantford ON, L3T 6H1	A local organization providing a wide variety of programs for children 16 months to 18 years.	PH: (519) 752-2964 Website: www.bgcbrant.ca
Canadian Mental Health Association 44 King Street, Suite 203 Brantford ON, N3T 3C7	A local agency targeted at adults with mental illness and their families. Provides case management, supported housing, court support & diversion, social/recreational programs, family education and support, mental health promotion and prevention.	PH: (519) 752-2998 Email: mail@cmhabrant.on.ca Website: www.brant.cmha.ca
Community Resource Service: Brantford Food Bank & Community Employment Service 110 Clarence Street South, Suite 106 (Food Bank) Suite 102 (Employment Services) Brantford ON, N3S 7N8	A local agency that supports those in need through two distinct brands: the Brantford Food Bank and Community Employment Service.	PH: (519) 751-4357 ext. 225 (Food Bank) or ext. 312 (Employment) Websites: http://crs-help.ca/foodbank/ or http://crs-help.ca/employment/
Contact Brant 643 Park Road North Brantford ON, N3T 5L8	A local agency that is the first place to call for information about community services. They provide help to navigate services available for children and youth whether mental health, developmental, or special needs, including Autism and FASD.	PH: (519) 758-8228 Website: https://contactbrant.net/
Early ON 30 Bell Lane Brantford ON, N3T 5L5	A provincial agency and community center that provides free early childhood educational programs to parents and caregivers from birth up to 6 years.	PH: (519) 759-3833 Website: www.brantford.ca/en/living-here/ccel-earlylearningprograms.aspx
Hope for Wellness Helpline	Mental health counselling and crisis support for indigenous peoples across Canada.	PH: 1-855-242-3310
Lansdowne Children Centre 39 Mt. Pleasant Street Brantford ON, N3T 1S7	A local agency that provides families and caregivers with direct services and programs to families with children who have developmental delays and or other health challenges up to 18 years.	PH: (519) 753-3155 Email: info@lansdownecc.ca Website: www.lansdownecentre.ca

Local Resources - City of Brantford and County of Brant

Name of Agency	Description	Contact Information
Nova Vita Women’s Shelter 59 North Park Street Brantford ON, N3R 4J8	A local agency that provides homeless and/or abused women and their children with a safe space. Clients can access programs and counselling services.	PH: (519) 752-1005 Email: info@novavita.org Website: www.novavita.org
Rosewood House 42 Nelson Street Brantford ON N3T 2M8	Rosewood provides quality shelter services to the homeless as well as developing programs to assist people in overcoming the root causes of their homelessness.	PH: (519) 750-1547 Website: www.rosewoodhouse.on.ca
St. Leonard’s Addictions and Mental Health P.O. Box 638 133 Elgin Street Brantford ON, N3T 5P9	A local agency that provides 24/7 crisis response. Additionally, programs support community members in the areas of Employment, Housing, Justice and Addictions and Mental Health. In the Addictions and Mental Health sector, crisis services, outpatient treatment for individuals dealing with substance use, gambling, or a concurrent disorder, as well as withdrawal management, day and residential treatment for individuals struggling with substance use, are provided.	24 Hour Crisis Line: (519) 759-7188 PH: (519) 754-0253 Email: info@st-leonards.com Website: www.st-leonards.com
Wesley – Provincial Youth Outreach Workers (YOW) Brantford 52 Catharine Street North Hamilton ON, L8R 1J1	A local agency, working to engage at-risk youth aged 12-21 years and their families, to better navigate and connect with services and supports in their communities to improve youth outcomes. Short term counselling services can be provided to support youth in identify and articulating their needs while waiting for the connecting referrals.	PH: (905) 527-4430 ext. 35 Email: yow.brantford@wesley.ca Website: http://wesley.ca/program/youth-outreach-workers-brantford/
Woodview Mental Health & Autism Services 643 Park Road North Brantford ON, N3T 5L8	A local agency that provides mental health direct services and programs to families of children up to age 18 years.	PH: (519)-752-5308 Email: general@woodview.ca Website: www.woodview.ca
Why Not Youth Centre 368 Coulbourn Street Brantford ON, N3S 3N3	A local non-government youth center providing mental health supports, meals, food, and a safe non-judgmental environment.	PH: (519) 759-2221 Email: info@whynotyouthcenters.com Website: www.whynotyouthcenters.com

Provincial & National Resources

Name of Agency	Description	Contact Information
Best Start	Best Start is a provincial agency that provides free maternal newborn and early child development education, resources, programs and supports for parents, caregivers and educators about child health care, and mental health.	www.beststart.org
Center for Addictions and Mental Health	CAMH is a national organization dedicated to providing educational resources and services for treatment of addictions and related mental health issues.	www.camh.ca
Canadian Mental Health Association	CMHA is a national organization that promotes mental health and supports people recovering from mental illness. It provides direct client services, and on-line education and support services at the local, provincial, and national level.	www.cmha.ca
Canadian Centre on Substance Use	CCSA is a national organization providing resources on the spectrum of substances. It provides up to date evidenced based research and information to professionals and families.	www.ccsa.ca
Canadian AIDS Treatment Information Exchange (CATIE)	CATIE provides up-to-date information about HIV and hepatitis C. It offers people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations the knowledge, resources, and expertise to reduce transmission and improve quality of life.	www.catie.ca
Crisis Service Canada	Crisis Services Canada (CSC) is a national network of existing distress, crisis, and suicide prevention line services. The network provides support and resources to any person living in Canada who is affected by suicide, in the most caring and least intrusive manner possible.	www.crisisservicescanada.ca
Connex Ontario	Connex Ontario is a provincial government 24/7 call center for confidential one point access to all provincial mental health and addictions services and supports.	www.connexontario.ca
Drug Free Kids Canada	DFK Canada is a National Program providing best practice drug use prevention resources and tools to engage, empower and educate parents to prevent problematic substance use disorders.	www.drugfreekidscanada.org

Provincial & National Resources

Name of Agency	Description	Contact Information
eMentalHealth.ca	eMentalHealth.ca is a non-profit initiative of the Children's Hospital of Eastern Ontario dedicated to improving the mental health of children, youth, and families. It provides a directory of over 1,200 mental health organizations and services containing relevant focused populations information and across the life span, over 130 topic specific info sheets, 45 Screening tools, information about mental health events and other free available resources for public and health care professionals in both official languages.	www.ementalhealth.ca
Health Canada Mental Health	Health Canada is a federal government institution responsible for helping Canadians maintain and improve their health. Its website provides access to free education resources, research, statistics, and directory of crises contact information in Canada.	www.canada.ca/en/health-canada
Knowledge Institute on Child Youth Mental Health and Addictions	The Knowledge Institute on Child Youth Mental Health and Addictions is a provincial organization that provides free evidenced based resources, educational materials and programs for youth and young adults from 10 to 25 years old.	www.cymh.ca
Ontario Harm Reduction Network	The OHRN is funded by Ontario Ministry of Health and provides training, networking opportunities and consultations to harm reduction service providers and agencies from across Ontario. Its website contains information and research regarding substance use harm reduction strategies.	www.ohrn.org
Substance Use and Resource Exchange	SURE provides evidenced based tools and resources to help communities develop and implement initiatives to address substance use as well as to protect and promote the health and safety of people who use substances.	www.substanceuse.ca

International Resources

Name of Agency	Description	Contact Information
Substance Abuse and Mental Health Service Administration	SAMHSA is an agency within the U.S. Department of Health and Human Services that provides evidence-based resources, programs and information on substance use and mental health.	www.samhsa.gov
World Health Organization	WHO is a global organization that offers free resources and publications on mental health.	www.who.int/health-topics/mental-health
World Federation of Mental Health	WFMH is a worldwide organization that aims to promote mental health, prevent mental health disorders, and improve treatment and recover of people with mental health disorders. It offers virtual courses, publications and other resources pertaining to mental health.	www.wfmh.global

Mobile Apps



Triggr Health

Triggr, LLC (2019)

Free

Available on: [Android](#)

Promotes addiction recovery and is focused on reducing substance dependence for a range of drugs, including alcohol, opioids, and methamphetamine.



Thrive: Mental Wellbeing

Thrive Therapeutic Software Ltd

Free

Available on: [iOS](#) | [Android](#)

Thrive: Mental Wellbeing is an evidence-based app to prevent and manage stress, anxiety, and related conditions.



SuperBetter

SuperBetter, LLC (2018)

Free

Available on: [iOS](#) | [Android](#)

This game helps users to build resilience and stay motivated and optimistic to overcome real life challenges.



Quash

Lung Health Foundation

Free

Available on: [iOS](#) | [Android](#)

Quash smoking or vaping! Change is a process, not an event. The Quash app helps you progress through each stage of the quit process. Remember, long-lasting change is more likely when it's self-motivated and rooted in positive thinking.



AlcoDroid Alcohol Tracker

Myrecek (2018)

Free

Available on: [Android](#)

Tracks alcohol consumption, helps users maintain a drink diary, and calculates blood alcohol content. Allows users to monitor drinking habits and set goals.



BoosterBuddy

Island Health (2017)

Free

Available on: [iOS](#) | [Android](#)

Helps teens and young adults improve their mental health through gamification of daily tasks. Based on different intervention strategies such as cognitive behavioral therapy, meditation, and mindfulness, the program uses a series of games and quests to teach coping skills, follow self-care routines, increase real-life socialization, and establish positive habits.

Mobile Apps



My Change Plan

CAMH

Free

Available on: [iOS](#)

My Change Plan helps you quit or reduce smoking. It was developed by clinicians and researchers at the Centre for Addiction and Mental Health (CAMH)'s Nicotine Dependence Clinic and the University of Toronto and tested by clients trying to quit smoking. The App is based on an evidence-based booklet developed at CAMH.



7 Cups: Anxiety & Stress Chat

7 Cups of Tea (2020)

Free

Available on: [iOS](#) | [Android](#)

Provides a chat messaging platform for users to receive emotional support and counselling through trained volunteers and self-help tools. There is also a fee-based option to speak with certified therapists.



PTSD Coach Canada

Free

Available on: [iOS](#) | [Android](#)

Supplies information and self-help tools that aid individuals to learn about and manage symptoms after trauma. Also includes direct links to support.



MoodMission (2020)

MoodTools (2019)

Free

Available on: [iOS](#) | [Android](#)

Users tell MoodMission how they're feeling and receive a tailored list of five Missions to help users feel better and improve their wellbeing, including mindfulness and relaxation exercises, fitness activities, and gratitude exercises.



Headspace: Meditation & Sleep

Headspace Inc. (2020)

Free

Available on: [iOS](#) | [Android](#)

Includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. Users can track their progress and time spent meditating. The free version is limited, but users can subscribe for expanded offerings.



Virtual Hope Box

National Center for Telehealth & Technology (2019)

Free

Available on: [iOS](#) | [Android](#)

Includes tools to help people suffering from depression with coping, relaxation, distraction, and positive thinking. This app can be used in collaboration with a mental health provider to address specific problem areas.

Drugs & Youth Mini-Series Shared Resources

Part 1: Building Meaningful Connections with Youth

Online Resources:

- Cannabis and Mental Health, course developed by youth, and mentor guide www.cannabisandmentalhealth.ca
- Centre on the Developing Child at Harvard University: <http://developingchild.harvard.edu/resourcetag/resilience/>
- Resilience Research Centre at Dalhousie University: <http://resilienceresearch.org>

Books:

- *Hold on to your kids: Why parents need to matter more than peers*, by Gordon Neufeld & Gabor Maté, 2013
- *In the realm of hungry ghosts: Close encounters with addiction*, by Dr. Gabor Maté, 2008
- *The drug paradox: An introduction to the sociology of psychoactive substances in Canada*, by Dr. Tara Bruno & Rick Csiernik, 2018

Part 2: Understanding Substance Use

Online Resources:

- Drug Cocktails, facts about mixing medicine, booze, and street drugs: www.drugcocktails.ca
- Here to Help: <https://www.heretohelp.bc.ca/infosheet/supporting-people-who-use-substances-a-brief-guide-for-friends-and-family>

Video:

- *Trauma and the nervous system: A polyvagal perspective*. Created by The Trauma Foundation: <https://www.youtube.com/watch?v=ZdIQRxwT1IO>

Part 3: Early Identification and Interventions

Online Resources:

- Centre for Addiction and Mental Health **FREE** Online Courses (Search Empowering Families Affected by Substance Use Problems): <https://moodle8.camhx.ca/moodle/course/index.php>
- Stages of Change Framework from Youth Research & Evaluation eXchange YouthREX: <https://youthrex.com/factsheet/stages-of-change-framework/>

Drugs & Youth Mini-Series Shared Resources

Part 4: Treatments

Online Resources:

- Language of Addiction: <http://www.ccsa.ca/sites/default/files/2019-04/CCSA-Language-of-Addiction-Words-Matter-Fact-Sheet-2017-en.pdf>
- Principles of Harm Reduction: http://harmreduction.org/wp-content/uploads/2020/08/NHRC-PDF-Principles_Of_Harm_Reduction.pdf
- 9 Facts About Addiction People Usually Get Wrong: <http://drugfree.org/wp-content/uploads/2017/07/9-Facts-About-Addiction-People-Usually-Get-Wrong.pdf>

Videos:

- Brené Brown on Empathy: <http://www.youtube.com/watch?v=1Ewgu369Jw>
- Harm Reduction 101: http://www.youtube.com/watch?v=fXJJj_jgFmE&t=154s

Part 5: Community Supports

- Brantford-Brant Community Drugs Strategy: www.brantford.ca/en/living-here/brantford-brant-community-drugs-strategy.aspx
- City of Brantford: www.brantford.ca/en/index.aspx
- County of Brant: www.brant.ca/en/index.aspx
- Grand Erie District School Board: www.granderie.ca/board/programsandlearning/safe-schools
- Brant Haldimand Norfolk Catholic District School Board: www.bhncdsb.ca/page/safe-inclusive-and-accepting-schools
- Six Nations Polytechnic STEAM Academy: www.snpolytechnic.com/steam
- Canadian Mental Health Association: www.bhn.cmha.ca
- Woodview Mental Health and Autism Services: www.woodview.ca/?gclid=EAlaIqobChMIhoSe5-W1-gIVGMmUCR3K6wX4EAAYASAAEgLoZvD_BwE
- St. Leonard's Community Services: www.st-leonards.com/addictions-and-mental-health
- Brant County Health Unit: www.bchu.org/ServicesWeProvide/HealthyLivingAndSafety/harmreduction/

Drugs & Youth Mini-Series Session Recordings

A special thank-you to **Rogers tv** for recording and producing the Drugs & Youth Mini-Series sessions!

Please visit the links below to access the session recordings on the Rogers tv website or Rogers tv YouTube channel online:

Rogers tv Website:

www.rogerstv.com/show?lid=12&rid=54&sid=8823&gid=625258

Rogers tv YouTube:

www.youtube.com/watch?v=UjEBSxkAK8A