



Centre de santé mentale
Royal Ottawa
Mental Health Centre

ROMHC Early Intervention Program



Mental health and well-being for all • La santé mentale et le mieux-être pour chacun

Early Intervention Program Overview

- ❖ Funded by MOH and MCYS (20 years)
- ❖ EIP is a school and community based healthy lifestyle program. We serve youth 12 to 18 years of age, with a focus on preventing substance use issues, improving communication with friends, family and teachers, building on and improving their problem solving and decision making skills.
- ❖ Adolescents can self refer after participating in our information presentation
- ❖ Teachers and administrators can identify students who they feel are at risk.



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Objectives

Increase your knowledge of the Teen Brain and how it functions

Discuss how we as helping professionals can have positive effect on our client/student's developing brain

Discuss which drugs are the most available to our students and why they use them

Provide you time to express your ideas and answer your questions

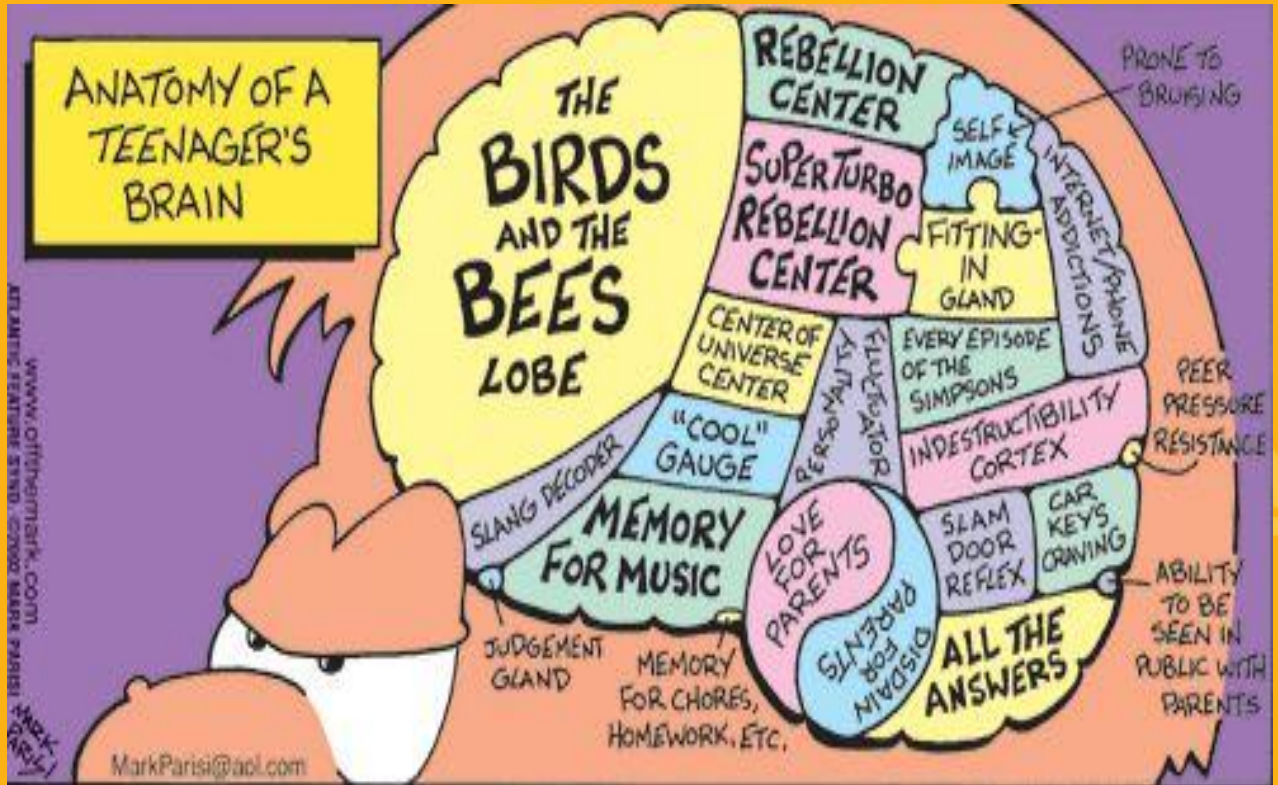


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Teen Brain



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Teen Brain

- ❖ By age 6 the brain is 95 percent of its adult size
- ❖ Grey matter “thinking part” thickens as the cells form connections, thickening peaks at age 11-12
- ❖ The next 8-10 years are spent refining or pruning these connections
- ❖ Teens use a different part of their Brain to process external visual stimuli
- ❖ Teens are focused on the reward and see consequences as unrelated to the experience



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How can we assist in the Teen Brain's pruning process?

Express through open discussion the expectations of each person involved.

Listen to the barriers that are presented and facilitate discussion on possible next steps.

It is not about solving every problem but the process of discovery

Provide challenges and new experiences.

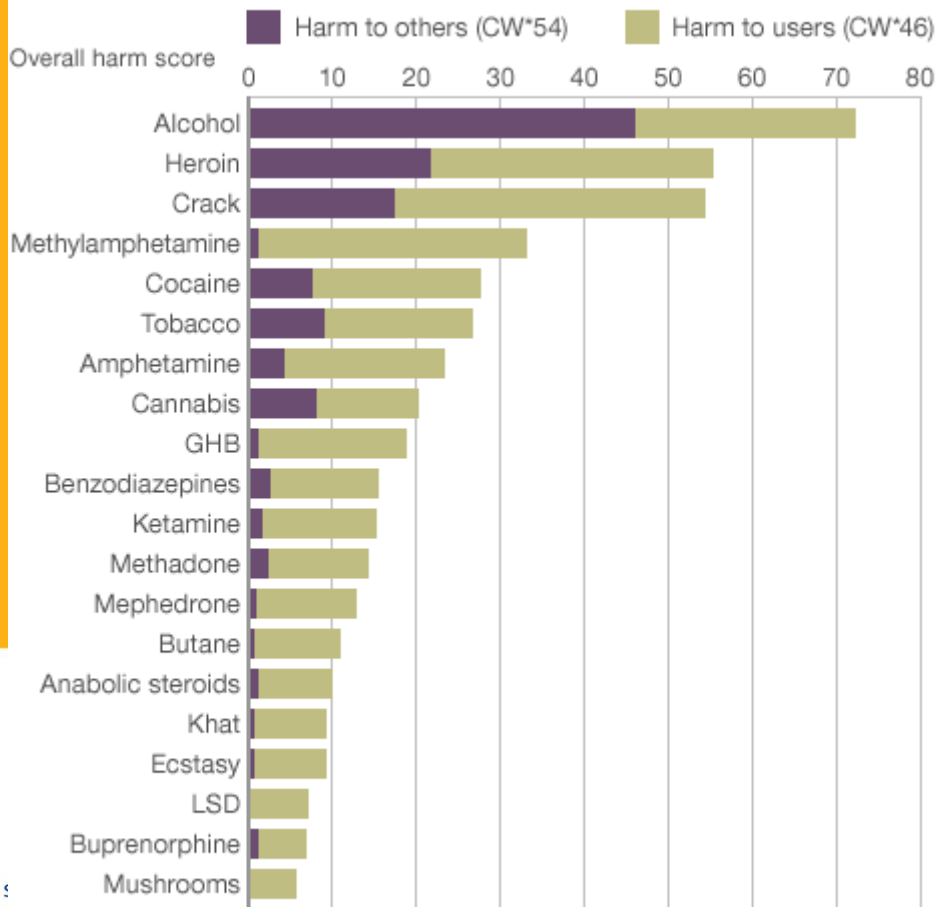


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Most harmful drugs



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*Cumulative Weight

Mental Health Source: The Lancet

School Drug Scene

1. Alcohol (after school)
2. Cannabis (30sec.-15 min.)
3. Opioid PR (10-15 min.)
4. Tobacco (30-60 sec.)

Fun!, Exciting, Belong, Bored, Stress,
Mood, Helps Me Deal with SH*%,



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Case study: *Peter*

Father lives in a different country 4-6 months of the year. He feels that his sister is promiscuous and he needs to protect the family reputation

- ❖ 17 years old and is 6 credits short to Graduate
- ❖ Attends school everyday and smokes weed just as faithfully
- ❖ He thinks all of his teachers hate him
- ❖ Has had a diagnosis of ADHD in grade 3



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Review of our Objectives

Teen Brain and How it functions

How can we assist with Teen Brain
Development

School Drug Scene

Teen Mental Health and Drug Use - / +



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