

Moose Jaw Crystal Meth Strategy Committee

PARENT TOOLKIT



Video:

Stop Mething Around – this locally filmed 71-minute video features two individuals in recovery from their crystal meth addictions, as well as front line workers from Moose Jaw Police Services, Mental Health and Addictions Services and Moose Jaw and District EMS Paramedic Services.

<https://www.youtube.com/watch?v=vDJbp8xoLOg>



Recommended Websites:

1. What is Methamphetamine? What is Crystal Meth? How is Meth Used? - Drug-Free World This website offers a quick course, booklet and an 8-minute powerful video to watch with your teen
2. **Drug Free Kids Canada:** <https://www.drugfreekidscanada.org/>.
 - PADParentActionPack2013EN.pdf (drugfreekidscanada.org) Are you prepared to help your Teen make good decisions: Stats, Facts and Talking points about alcohol and other drugs. Parent Action Pack
3. My Child Tried Drugs. What Should I Do? - Partnership to End Addiction (drugfree.org) A helpful website for parents whose kids have tried drugs
4. **Centre for Addiction and Mental Health**
 - What parents need to know about teens: Facts, myths and strategies (camh.ca)
 - What parents need to know about teen risk taking: Strategies for reducing problems related to alcohol, other drugs, gambling and Internet use (camh.ca)
5. **Alberta Health Services** Parent Information Series
<https://albertahealthservices.ca/amh/Page2434.aspx>
6. Talking with your kids about crystal meth and other drugs – **Government of Manitoba** 135891 Meth Broch (gov.mb.ca)
7. **Canadian Centre on Substance Use and Addiction** Overcoming Stigma: Online Learning | Canadian Centre on Substance Use and Addiction (ccsa.ca) - Three short modules that tell us how stigma and use of non Person-First language can impact on individuals' decisions to attend treatment. Suitable to watch with your teen

LOCAL SUPPORTS:

- Your physician or Nurse Practitioner
- Healthline – call 811 or online at www.healthlineonline.ca
- Mental Health and Addictions Services at Dr. F. H. Wigmore Regional Hospital, 55 Diefenbaker Drive, Moose Jaw Saskatchewan (306) 691 6464
- Moose Jaw Family Services, 200 Main Street South, Moose Jaw Saskatchewan (306) 694 8133
- Private counsellors

YOUTH DRUG DETOX AND STABILIZATION ACT

- This is a piece of legislation in Saskatchewan that enables parents to present information before a Judge if they believe their child is dangerously using drugs and their safety (or safety of others) might be at risk.
- The Act allows for involuntary detoxification and stabilization of youth **12 to 17 years of age** through a detoxification order by two physicians for a period up to five days, with the possibility of an extension for a maximum of two additional five-day periods.
- To access support please call (306) 691 6464 and ask to speak with an intake worker