

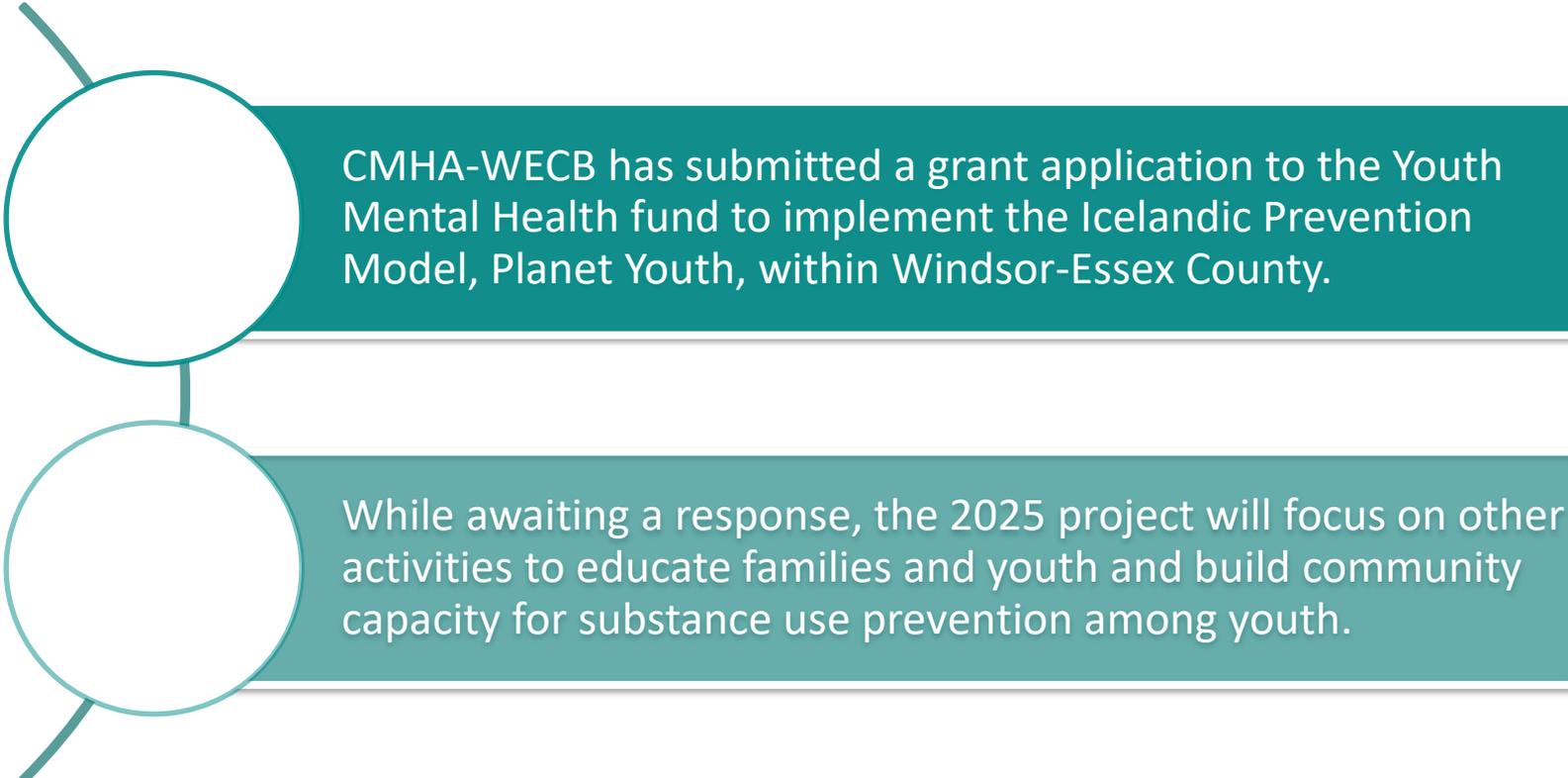


WINDSOR-ESSEX
COMMUNITY
**OPIOID &
SUBSTANCE**
STRATEGY

**WECOSS Prevention and
Education Working Group
– 2025 Project Update**

*Thursday, May 8th from
1:00 p.m. – 3:00 p.m.*

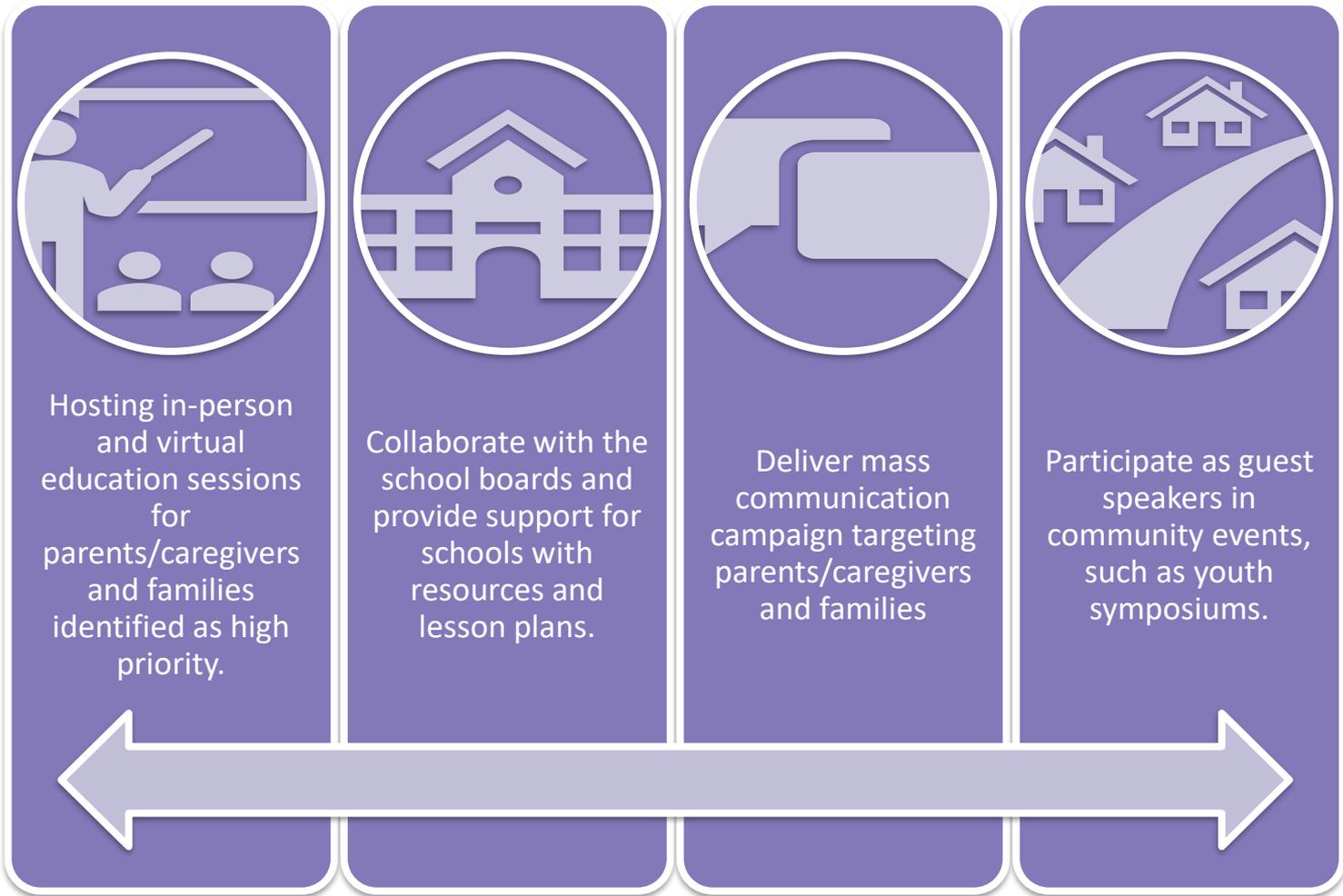
Project Recap



CMHA-WECB has submitted a grant application to the Youth Mental Health fund to implement the Icelandic Prevention Model, Planet Youth, within Windsor-Essex County.

While awaiting a response, the 2025 project will focus on other activities to educate families and youth and build community capacity for substance use prevention among youth.

Key Activities



Project Updates

Community Events

Event	Date	Role
Youth Symposium –City	February 23 rd , 2025	Held a booth with vaping resources for leadership students and teachers
Health Fair – Sandwich Teen Action Group	March 13 th , 2025	Shared substance prevention and support resources for families and teachers
Youth Symposium – County	April 2 nd , 2025	Provided two presentations to students and teachers regarding vaping, promoted CAMH Youth Vast as well
Health Fair Reginald/Lassaline	April 10 th , 2025	Connected with families about WEC Connect, Safety Plans, How to talk to your kids re: vaping, Rethink your drink and CAMH Youth Vast
Health Fair – Viamonde School Board	May 8 th , 2025	Held booth with resources for students and also parents
Clear the Air - CSC Providence Webinar	May 21 st , 2025	Parent and teacher educational session around smoking prevention among youth

Project Updates

Community Events – Key Findings

86% of education session participants (n=50) reported improved awareness of substance use prevention, harm reduction, and treatment services

Following the Youth Symposium, 4 attendees sought support from the school mental health and addiction nurse.

Project Updates

Social Media Campaign

WECHU Social Media Posts –Sample Messages

Post Date	Message Title	Message Content	Images and Suggested Text
April 7	Free Webinar Series for Parents & Caregivers	<p>📢 School Mental Health Ontario is launching a free 5-part webinar series this April through May for parents and caregivers. Learn about substance use, addiction, and youth mental health, with expert tips on talking to your kids and supporting their well-being.</p> <p>📅 Register for free today.</p>	
May 15	Students Against Impaired Driving Day	<p>As the days get warmer, it's the perfect time for beaches, fun, and sunshine! But never a time to drive under the influence of alcohol or cannabis. If you or someone you know is impaired, don't drive—get a designated driver. Stay safe!</p> <p>#SAIDDay2025</p>	

Project Updates

School Newsletter (SMHO Webinar Series)

Healthy Schools Resource for Parents/Caregivers
Supporting Your Child's Well-being: Five-Part Online Learning Series



Supporting Your Child's Well-being **FREE**

Free webinar series for parents and caregivers



Learn more about substance use, addictive behaviours and youth mental health.



5 webinars | Subject Matter Experts | Parent-Caregiver Facilitation | Q&A

School Mental Health Ontario: By Your Side Online Learning Series

The WECHU would like to share that [School Mental Health Ontario \(SMHO\)](#) is hosting a five-part online learning series, *Supporting Your Child's Well-being*, starting April 22nd to May 22nd. The learning series will help families understand key topics related to substance use and addictive behaviours.

This expert led session, will cover the following areas:

- **Webinar 1:** The intersection of addictions and mental health
- **Webinar 2:** Recognizing signs of substance use and addictive behaviours
- **Webinar 3:** How to talk about substance use at home
- **Webinar 4:** Current trends in student substance use in Ontario – What parents/caregiver need to know
- **Webinar 5:** Technology overuse and problematic gaming

Each session gives people a chance to ask questions and get helpful tips from experts.

 [Register for free today](#)

By Your Side Parent/Caregiver Learning Hub

School Mental Health Ontario has resources to help families support their children's mental health and well-being. The [By Your Side Parent Caregiver Learning Hub](#) shares helpful tools and information on topics such as:

- [Substance use prevention](#)
- [Stress and anxiety management](#)
- [Reaching out for help](#)
- [Mental Health at home](#)

Additional Resources and Upcoming Event(s)

For the latest resources and to sign-up for the series, visit : [School Mental Health Ontario: By Your Side Webinar Series](#).

You can also find more information about substance use on the [WECHU Healthy Schools](#) website.

Drug Free Kids Canada is hosting an online learning session to help parents support their teens in making safe, healthy choices on prom night, Tuesday, May 13th at 12 noon. To sign up, visit: [DFK Presents: Help teens make their Prom a Night to Remember!](#)



Let's Talk Drugs Series

Make it a Night to Remember!
Tuesday, May 13th, 12 noon



Prom is an exciting night we want our teens to remember. Family. Get insights, talking tips and resources to help your kids celebrate their prom night safely.

Be the role model that your children can look up to – be the difference!

Tag the health unit on social media when posting about activities your students are taking part in:

Facebook: [@TheWECHU](#) Twitter: [@TheWECHU](#) Instagram: [@thewechu](#)

Project Updates

Family Substance Use Prevention Workshop

Developed to help parents navigate discussions about substance use with youth

To be delivered at community events to high priority population and organizations that have expressed interest

FAMILY & YOUTH SUBSTANCE USE PREVENTION WORKSHOP PREVIEW

Next Steps

Deliver family substance use prevention workshops at community events/ organizations

Prepare School Newsletter advising parents on where to access SMOH web-series recordings

Develop new school action plan and update substance resources on WECHU School Health page

Discussion

How can we work with school boards to encourage implementation of the anti-vaping/smoking policy?

Are there recent evidence-based resources that would be valuable additions to the WECHU Healthy Schools webpage?