

Learn How Community-Based Actions Can Prevent Youth Problematic Substance Use on Nov 24 in Carleton Place

On Thursday, November 24th, Planet Youth Lanark County and the Carleton Place Municipal Drug Strategy are co-hosting a Community Action Meeting. It will provide an opportunity for residents to learn the results of February 2022 surveys of Lanark County grade 10 students. Reports about substance use, physical and mental health, physical activity, family and school experience, internet use, etc. are available for each municipality.

The goal of the reports is to provide information that helps each Lanark County community address selected risk and protective factors. The meeting will also be a chance to hear how strategies implemented in other communities are making a measurable difference in supporting healthier communities for children to grow up in.

The meeting has been designed for youth, parents, school staff, youth leaders, community organizations, municipal staff & councils or anyone who want to learn and share ideas and/or use their skills to help with preventative activities in their community.

To attend this meeting, you can join virtually or in-person at 7-8:30pm at the [Zion United Memorial Church in Carleton Place](#).

Prevention is possible!

For more information, visit www.planetyouthlanark.ca

To register, visit: <https://planet-youth-lanark-cp-mds.eventbrite.ca>

WHAT IS PLANET YOUTH? *Planet Youth is a prevention model designed and proven to reduce or delay substance use among youth. It was pioneered in Iceland over 20 years ago — since then the youth substance use rate there has gone from Europe's worst to best. The community-based Planet Youth Lanark County steering committee was formed in 2017 to bring the method to Canada. The committee receives financial, governance and strategic oversight from Open Doors for Lanark Children and Youth. Key collaborators who have worked to bring this evidence-based approach to Lanark County and the Town of Smiths Falls include the Leeds, Grenville and Lanark District Health Unit; representatives from both English language school boards and community volunteers from across Lanark County.*

Note: Protective measures will be in place due to the increase in spread of respiratory illnesses (COVID, RSV and Flu), to protect participants and reduce the strain on our local health care system. Measures include open windows, masks and distancing will be in place as well as encouraging all who attend to screen prior to attending. If you are experiencing any symptoms please consider attending virtually instead of in-person. Ontario's [online self-assessment tool](#) can be used to monitor symptoms.



Planet Youth Lanark County COMMUNITY ACTION MEETING

The Carleton Place Municipal Drug Strategy is Co-hosting this event with Planet Youth Lanark County.

Join us to hear about:

- Lanark County survey results from grade 10 students in February of 2022.
- How community-based actions can prevent youth problematic substance use.
- Some strategies that have been implemented elsewhere and are making a measurable difference in supporting healthier communities for children to grow up in.

When: Thursday, November 24, 2022 7:00pm - 8:30pm

Where: You can join virtually by Zoom or in person at the Zion United Memorial Church, 37 Franklin St., Carleton Place

Who: Youth, parents, school staff, youth leaders, community organizations, municipal staff & councils - open to all.

Why: Come to learn about the Planet Youth method; the progress in Lanark County so far and see what programs have been successful in other areas and what may be possible for our community. Learn how you can share ideas and thoughts or use your skills to help with any activities that may be discussed or planned.

Please bring your own water bottle.

Note: Protective measures will be in place to reduce the spread of respiratory illnesses (COVID, RSV and Flu), protect participants and reduce the strain on our local health care system. We encourage all who attend to screen prior to attending, and if experiencing any symptoms and are feeling well enough, attend virtually instead. The [online self-assessment tool](#) can be used to monitor symptoms.

Please Register Here:

<https://planet-youth-lanark-cp-mds.eventbrite.ca>

Click here to register → <https://planet-youth-lanark-cp-mds.eventbrite.ca>