

# Products for Support and Inspiration in Addressing Substance Abuse

Office of the Research Chair in Substance Abuse  
Colleen Anne Dell, Ph.D.

[www.addictionresearchchair.ca](http://www.addictionresearchchair.ca)



Take a look at our evidence-informed products. Most can be downloaded from our website, while others are available upon request while supplies last. They are all FREE!

We look forward to hearing from you and welcome your feedback.

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[www.addictionresearchchair.ca](http://www.addictionresearchchair.ca)

The University of Saskatchewan Research Chair in Substance Abuse was created in 2007 in a partnership agreement with the provincial government and has a mandate to increase Saskatchewan's research capacity through the effective use of resources, community outreach and training in the areas of prevention, health promotion and treatment of substance abuse.

Our team, in collaboration with our research partners, is actively involved at the community level, both in carrying out our research and in sharing the results. With each of our research products, we prepare a variety of educational materials (workshops, fact sheets, videos, DVDs, swag).

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*"I can't think of anyone who is not impacted, in some way,  
by the problematic use of substances in Canada."*

Dr. Colleen Anne Dell during her keynote address to the 2008 Gender Matters  
conference in Toronto, ON

# Alcohol Use by Aboriginal Persons Living with HIV/AIDS

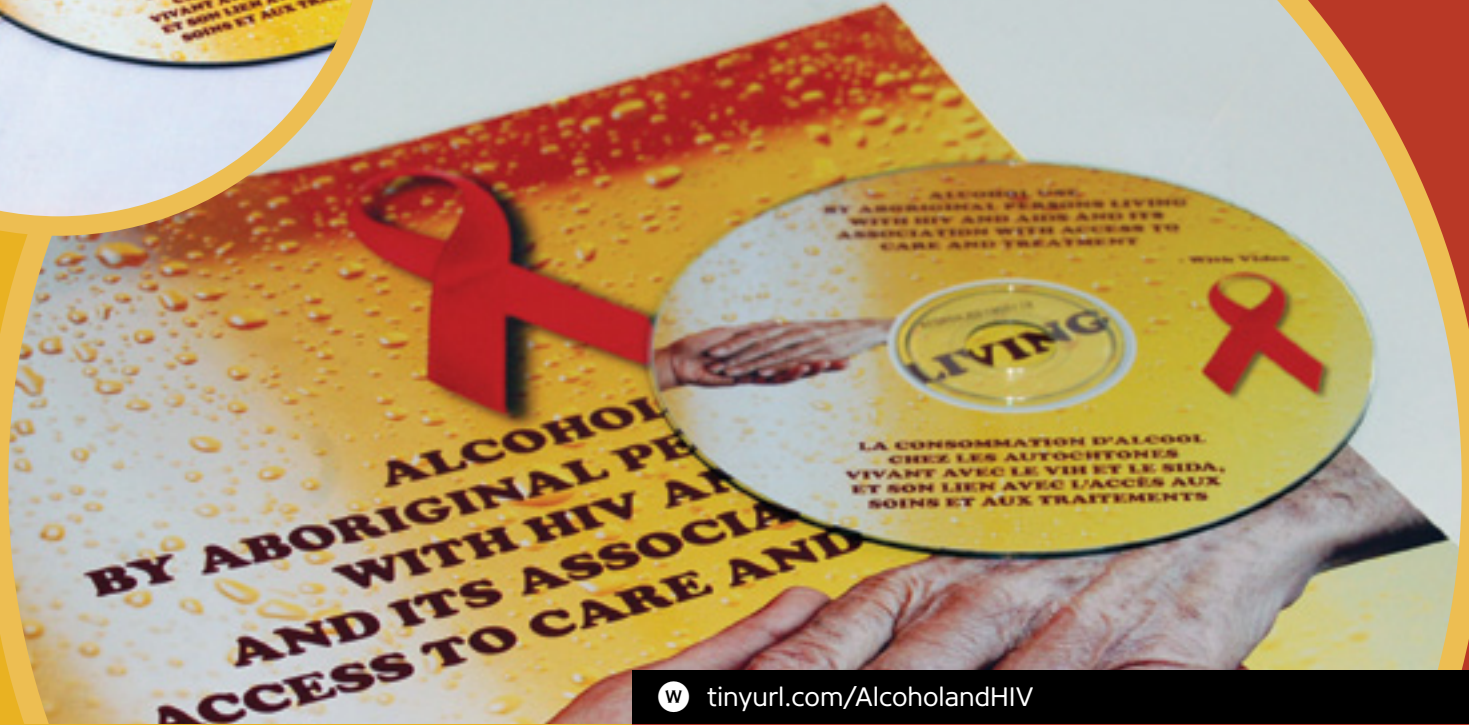
The HIV/AIDS infection rate in Aboriginal persons in Canada is higher than among non-Aboriginals. Alcohol use and/or a perception by health care workers of a predilection to addiction and drug abuse exacerbate the problem.


Our research team's goal was to paint a clearer picture of the relationship between alcohol use and access to health care delivery for Aboriginal persons

living with HIV/AIDS.

We share our community-based research process and findings through a 13-minute **video**.

A **fact sheet** outlines the key findings. The **full report** is available if you would like additional information. You can access everything easily on a **USB**.

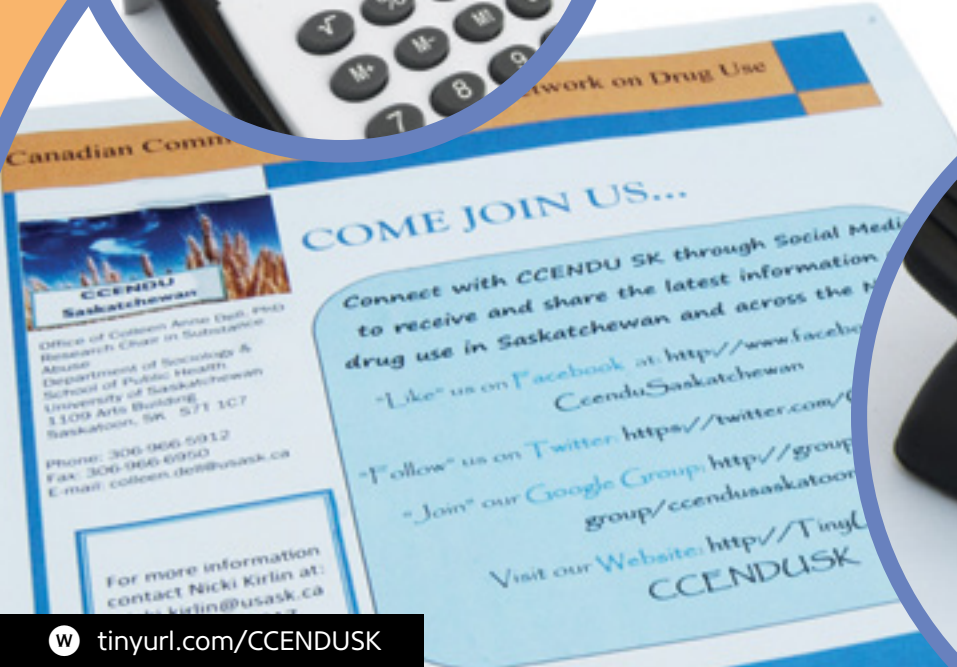



 [tinyurl.com/AlcoholandHIV](https://tinyurl.com/AlcoholandHIV)

**Available:**

- ✓ DVD
- ✓ Fact Sheet
- ✓ Report
- ✓ USB
- ✓ Articles





 [tinyurl.com/CCENDUSK](http://tinyurl.com/CCENDUSK)

**Available:**

- ✓ Social Network
- ✓ Information Bulletins & Alerts
- ✓ Report
- ✓ PowerPoint
- ✓ Swag

# Canadian Community Epidemiology Network on Drug Use (CCENDU)



You're invited to join CCENDU, a nation-wide network of community-level partners who share information about trends and issues in substance use and attempt to exchange knowledge in an informal, timely fashion.

CCENDU SK receives and shares the latest information on drug use through social media. The national CCENDU network publishes **Information Bulletins** and **Alerts** based on feedback from its

cross-Canada network.

The 2011 **Saskatoon CCENDU Report** provides real-time data on substance use in Saskatoon. A copy of the **survey** as well as a **voice-over PowerPoint** are also available.

CCENDU SK swag – **calculators, magnetic clips** – is available free of charge to help advertise CCENDU to your colleagues.



Ccendu Saskatchewan



@CCENDUsk

**Google Group:** [groups.google.com/groupccendusaskatchewan](https://groups.google.com/groupccendusaskatchewan)

# Evaluating Child and Youth Mental Health & Addiction Services in Saskatchewan



We have a contract with the provincial Ministry of Health (Community Care Branch) to assist with their goal of targeting the effective use of mental health resources toward improved mental health and wellbeing for children, youth and their families.

We report on global client outcomes based on both the Child and Adolescent Functional Assessment Scale (CAFAS) and Client Directed Outcome Informed

(CDOI) therapy for participating Health Regions. These instruments for measuring change in client behavioural functioning provide a way to examine standardized client outcome indicators on a province-wide basis.

A **fact sheet** provides additional information. **Reports** are submitted to the government.




# CAFAS REPORTING

## Provincial



## Health Region



 [tinyurl.com/childand youth](http://tinyurl.com/childand youth)

**Available:**

- ✓ Information Sheet
- ✓ Reports (not released)



Saskatchewan Indian Cultural Centre



 [tinyurl.com/ExchangingConversationsSK](https://tinyurl.com/ExchangingConversationsSK) (password: workshop)

## Available:

- ✓ Facilitated Workshop
- ✓ Workshop Materials
- ✓ Trailer Video
- ✓ Health Region Clinical Pathway Videos
- ✓ Resources
- ✓ Articles

# ExChanging Conversations:

## Aboriginal Culture in the Journey of Healing from Addictions

We offer a facilitated workshop inviting service providers to participate as both storytellers and learners in appreciating how Aboriginal culture is a support for First Nations, Métis and Inuit peoples in healing from addictions.

The workshop provides an opportunity to explore cultural humility by learning from people's lived experiences. It also looks at the role of Aboriginal

culture in individual and communal wellness and healing from addictions.

We draw upon several other resources in the workshop:

*From Stilettoes to Moccasins*

**Guide for Group Discussion** (page 13)

*Aboriginal Culture as Intervention*

**DVD** (page 17)

 [Aboriginal Culture as Intervention](#)



# First Steps First: A Community-Based Workbook for Evaluating Substance Abuse Mental Health Programs in Saskatchewan



*First Steps First* is a user-friendly workbook designed to help service providers become familiar with the initial steps in planning to conduct a program evaluation.

The workbook introduces front-line staff, administrators and supervisors to the basics of program evaluation by way of group activities,

a collection of short instructional videos and the company of an enthusiastic prairie dog named Pete.

When you order a copy of the workbook, your package will include an introductory letter, a copy of the workbook, highlighters, a pen and a sticky note pad.




 [tinyurl.com/FirstStepsFirstSK](https://tinyurl.com/FirstStepsFirstSK)

**Available:**

- ✓ Workbook (paper copy or USB)
- ✓ Swag
- ✓ Articles



 [tinyurl.com/FromStoM](http://tinyurl.com/FromStoM)

## Available:

- ✓ Workshop & Training Video
- ✓ Fact Sheet
- ✓ Poster
- ✓ CD/DVD
- ✓ Video
- ✓ Articles



# From Stilettoes to Moccasins:

## A Guide for Group Discussion

The *From Stilettoes to Moccasins* project raises awareness about the role of identity and stigma in the healing journeys of First Nations, Métis and Inuit women in treatment for drug abuse and offers hope to individuals as they heal.

We can provide you with a **workshop** designed to be presented by community members for community members. A **training video** and all the necessary materials for facilitating the workshop are included.

Our team has prepared a **fact sheet** and **poster** on the role of the treatment provider in Aboriginal women's healing from illicit drug abuse.

We also offer the *From Stilettoes to Moccasins* **CD/DVD** sung by Violet Naytowhow and written by Aboriginal women who are healing from illicit drug abuse and problems with the law as well as by individuals helping them on their journeys.

A 20-minute **video** documents the project's community-based research process.



# Horse as Healer:

## Treating Volatile Substance Misuse

There has been very little research into horse therapy and the treatment of volatile substance misuse among First Nations youth. Our team used a case study approach to explore these two areas and concluded that Equine Assisted Learning positively impacted the youth's physical, mental/emotional, social, spiritual and cultural wellbeing.

We share our research findings through reports,

television and radio clips, and related articles. A **poster** provides an attractive summary of our work.

Our team has done a lot of other work in the inhalants field, including editing a special edition of the *Substance Use & Misuse* journal, other publications and information videos. You can access this work at: [tinyurl.com/VoISoIMisuse](http://tinyurl.com/VoISoIMisuse)







 [tinyurl.com/horseashealer](http://tinyurl.com/horseashealer)

**Available:**

- ✓ Summary & full-length Reports
- ✓ USB (findings)
- ✓ Television & Radio Clips
- ✓ Poster
- ✓ Articles





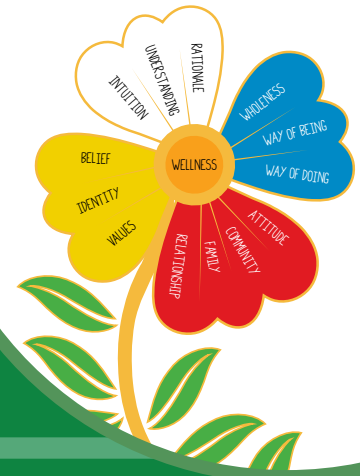
[www.tinyurl.com/cultureasinterventionresearch](http://www.tinyurl.com/cultureasinterventionresearch)

## Available:

- ✓ The Native Wellness Assessment
- ✓ Connecting with your Culture
- ✓ Facilitators' Handbook & Activity Guide
- ✓ Wellness Wall Cards
- ✓ Articles
- ✓ Recipe Cards & Measuring Spoons
- ✓ Swag (flower seeds)



# Honouring Our Strengths (HOS): Culture as Intervention in Addictions Treatment



Drug addiction among Native peoples is a serious health concern in Canada. We've begun developing a variety of tools to address this, including an assessment to gauge the efficacy of cultural interventions in treatment programs.

*Connecting with your Culture: Growing a Wellness Flower Facilitators' Handbook & Activity Guide* introduces a step-by-step process to consider Native culture and the role it plays in wellness and community.

Food is foundational to a physically, mentally, emotionally and spiritually well person. Each of the treatment centres involved in this project, along with our research team, shared a recipe that includes First Nations foods and traditions as a way to raise awareness about the importance of culture to the healing journey.

We also have short **videos** (on DVD) of our project's community-based research process.



Aboriginal Culture as Intervention



#CultureAsWellness & #HonouringOurStrengths

# PAWSitive Support: Applying Animal Assisted Therapy in the Treatment of Addictions & Mental Health

We're studying pet therapy and the impact of the human-animal bond in the treatment of addictions and mental health. Professor Dell's St. John Ambulance therapy dogs and others visit various facilities and events where we collect data, including on the U of S campus. You can follow the therapy dogs' daily adventures on Facebook.

We've partnered with the Western College of

Veterinary Medicine, the University of Regina's School of Social Work, the Sociology Department at McMaster University, as well as several national and international research teams in order to develop a broad perspective.

Contact us if you would like additional information on this topic.

 Anna-Belle & Subie's Adventures  #kisbeydog & #anna-belledog & #subiedog Instagram: colleendell



## Available:

- W [tinyurl.com/aat-addiction](https://tinyurl.com/aat-addiction) (study)
- W [tinyurl.com/AnimalAssistedInterventionDell](https://tinyurl.com/AnimalAssistedInterventionDell) (background)

- ✓ Presentations
- ✓ Articles
- ✓ Media Clips
- ✓ SaskTel maxTV video: [tinyurl.com/MAXtvAnnaBelle](https://tinyurl.com/MAXtvAnnaBelle)



What's meaningful to me, or someone I know, is healing from addiction.

Water	Fire	Seaweed
Sticks	Robots	Smoke
Mother Earth	Honesty	Lakota
Creator	Modesty	Sweatgrass
Medicine	Logic	Spirituality
Rock	Lifestyle	Identity
Community	Perspective	Dream
Fasting	Universe	Water
Ancestors	Fire	Sweetgrass
Wisdom	Sage	Sacred Pipe
Life	Shaker	Song
Freedom	Prayer	Giving
Loneliness	Reflection	Acceptance
Love	Sweatlodge	Experience
Kindness	Spirit	Respect
Humility	Knowledge	Kindness
Humbleness	Humbleness	

[tinyurl.com/cultureasintervention](http://tinyurl.com/cultureasintervention)

# Available:

- ✓ DVD
- ✓ Magnet
- ✓ Activity Sheet
- ✓ Facilitated Workshop (page 9)
- ✓ Articles



# Sharing the Role of Aboriginal Traditional Culture in Healing from Addictions



Aboriginal peoples and communities in Saskatchewan have shared videos, songs, poetry, written narratives, drawings and music that illustrate the importance of traditional culture in healing from addictions.

We invite you to share these stories to offer clients hope on their healing journeys, as a staff tool in a community program or in policy discussions to help shape addictions treatment and prevention options.

A **DVD** of stories is available. You will also receive a **Journey Magnet** and an **Activity Sheet** with suggestions for ways in which you can participate in the discussion about the role of Aboriginal culture in healing from addictions.

A day-long workshop has been developed based on our work and is described on page 9 – *ExChanging Conversations: Aboriginal Culture in the Journey of Healing from Addictions*.



Aboriginal Culture as Intervention



@SharingTheRole



[tinyurl.com/interventionYouTubeChannel](https://tinyurl.com/interventionYouTubeChannel)

# Step by Step CD/DVD

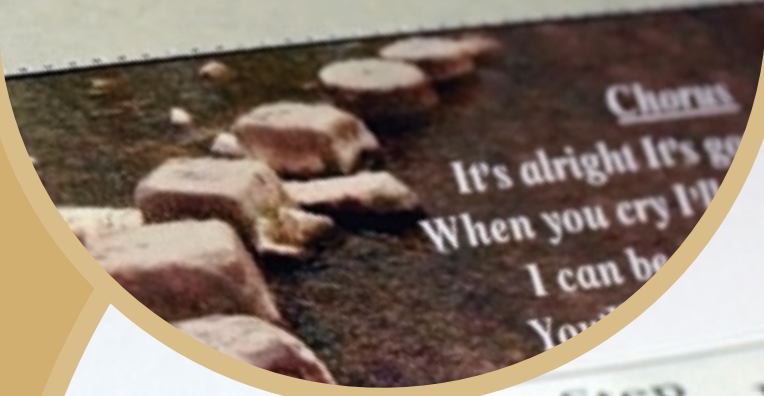
*Step By Step* is a song and music video sharing the important role of treatment professionals and Aboriginal culture in the journey of healing from addictions. The song is a mix of traditional Aboriginal style and rhythm alongside contemporary sound and a hip-hop inspired approach. Its development was led by Lindsay “Eekwol” Knight, Joseph Naytowhow and Saskatchewan service providers.


The song and accompanying lyric sheet are intended to encourage conversation between service providers and/or their clients about engaging traditional cultural practices as support in individuals’ healing from addictions.

The song and music video are available as digital files or by ordering a CD.

 [tinyurl.com/StepByStepSong-Download](http://tinyurl.com/StepByStepSong-Download)  [tinyurl.com/StepByStepSong-Watch](http://tinyurl.com/StepByStepSong-Watch)






 [tinyurl.com/StepByStepSong](http://tinyurl.com/StepByStepSong)

## Available:

- ✓ Song
- ✓ Music Video
- ✓ Suggestions for Use
- ✓ Articles

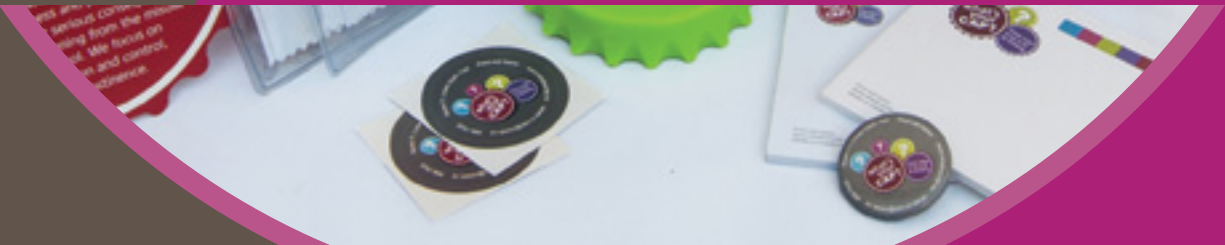




 [www.whatsurcap.ca](http://www.whatsurcap.ca)

## Available:

- ✓ How-To Guide
- ✓ Low Risk Drinking Guidelines
- ✓ Infographic
- ✓ Pamphlets
- ✓ Information Table
- ✓ Toppers
- ✓ Swag
- ✓ Presentations
- ✓ Articles



# *What's Your Cap?* A How-To Guide for Creating a Campus Alcohol Prevention Initiative

*What's Your Cap?* is a student-run, research-based initiative that aims to raise awareness and knowledge about the risks involved with over-consumption of alcohol and to promote a culture of moderation. The how-to guide was created following two years of experience on the University of Saskatchewan campus and is designed to assist other post-secondary institutions in addressing risky drinking.

*What's Your Cap?* used photobooths, swag, mocktails and guerilla marketing to share information about alcohol, norms, low risk drinking guidelines and alternatives to binge drinking with U of S students.

The **How-To Guide** explains what was done, why it worked, what was learned and the tools that are needed for others to undertake a similar initiative.

 WhatsUrCap  @whatsurcap

# Publications

Dr. Dell works with a large team of outstanding and committed researchers, community members, students, social leaders and decision makers at the local, national and international levels. Together they have published many peer-reviewed articles about their work.

The topics covered include: animal assisted interventions, criminalized women, equine therapy,

harm reduction, health promotion, Indigenous healing, knowledge translation, prevention, problematic substance use and abuse, program evaluation, self-harm, volatile substance misuse, treatment programming, women and girls' substance use, and more.

Copies of abstracts and full articles can be downloaded from Dr. Dell's website.

**Publications:** [tinyurl.com/PublicationsDell](https://tinyurl.com/PublicationsDell)

Dell et al. Substance Abuse Treatment, Prevention and Policy 2013, 8:36  
http://www.substanceabusepolicy.com/content/8/1/36



# RESEARCH

## Back to the basics: identifying positive youth development as a

### tical framework for a program in rural

#### st a program

Melissa Bendig<sup>1\*</sup>, Megan Steeves<sup>2†</sup>

**Open Access**  
Full open access to this and thousands of other papers at  
<http://www.springer.com>

Substance Abuse: Research and Treatment

**Researching Prescription Drug Misuse among First Nations in Canada: Starting from a Health Promotion Framework**  
Colleen Anne Dell<sup>1</sup>, Gary Roberts<sup>2</sup>, Jennifer Kelly<sup>3</sup>, Kelli Taylor<sup>4</sup>, Mich Baschuk<sup>5</sup>, Carol Hopkins<sup>6</sup>

**COMMENTARY**  
Department of Sociology and School of Public Health, Vancouver, Saskatchewan, Canada, University of Saskatchewan, Department of Community Health and Behavioral Science, University of Regina, Faculty of Education, University of Saskatchewan, Department of Psychology, National Aboriginal Health Organization, Youth Substance Abuse Research Foundation. Corresponding author email: [colleen.dell@usask.ca](mailto:colleen.dell@usask.ca)

**Abstract:** The intersection of prescription drug misuse and substance abuse is a significant public health concern in Canada. However, there is a lack of empirical research available on the issue. This research was a qualitative study that explored the experiences of First Nations people living in rural areas of Canada. The study was conducted in a rural area of Saskatchewan, Canada. The study was a qualitative study that explored the experiences of First Nations people living in rural areas of Saskatchewan, Canada. The study was a qualitative study that explored the experiences of First Nations people living in rural areas of Saskatchewan, Canada.

**Keywords:** (rural) prescription drug misuse, First Nations, health promotion framework, Indigenous health

Substance Abuse: Research and Treatment 2012, 7:1-9  
doi:10.1186/1745-0273-7-9  
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International Review of Victimology

International Review of Victimology  
1(1) 51-68  
The Author(s) 2012  
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# Open Access

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Farag<sup>1</sup>, Carol Hopkins<sup>2</sup>

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Central Office of Crime Methodology  
2012, 1(4) 207-113  
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<http://sagepub.com/journalsPermissions.nav>  
DOI: 10.1177/1525780112447215  
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School of Public Health, University of Saskatchewan, Canada  
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# Annual Training Events

Dr. Dell offers annual training events for provincial front-line addiction and mental health workers.

**Past topics have included:**

Alcohol Prevention among Youth

Evidence-informed Practices – What Does this Mean to Service Providers?

Preventing Inhalant Abuse – What Works?

Women's Healing from Problematic Substance Use

You can find out more about the annual workshops at [tinyurl.com/ColleenDellAnnualTraining](http://tinyurl.com/ColleenDellAnnualTraining)





## Colleen Anne Dell

### Research Chair in Substance Abuse

As the provincial Research Chair in Substance Abuse since 2007, Dr. Dell carries out community-based research, outreach and training. Dr. Dell and her team are involved in tri-council, government and other funded projects at the international, national, provincial and local levels that contribute to current knowledge and create new understandings.

Dr. Dell's research is grounded in a community-based participatory approach and a belief in bringing different ways of knowing together into one space, with an emphasis on lived experience and Indigenous

ways of knowing. For example, her research work with the Sturgeon Lake First Nation on equine assisted learning included a community ceremonial horse dance in each of the four years of the project.

Dr. Dell's research has been successfully translated into creative formats, such as music videos, recipes and community workshops. In addition, she always makes sure to bring a gender and diversity lens to any work she is involved in.

[www.addictionresearchchair.ca](http://www.addictionresearchchair.ca)

**YouTube** [www.youtube.com/user/Kisbey100](https://www.youtube.com/user/Kisbey100) **Instagram:** colleendell **f** Colleen Dell **t** @ColleenAnneDell  
**Follow us in the media too at** [tinyurl.com/ColleenDellInTheNews](https://tinyurl.com/ColleenDellInTheNews)

**PARTNERS:** Assembly of First Nations **Canadian Aboriginal AIDS Network**  
Canadian Centre on Substance Abuse **Cartier Farm** Centre for Addiction and  
Mental Health **Connections Canada** Correctional Service Canada Addictions  
Research Centre **Crossing Communities** Elizabeth Fry Society of Saskatchewan  
**Government of Saskatchewan Community Care Branch** Indigenous  
Peoples Health Research Centre **Métis Addictions Council of Saskatchewan**  
**Inc.** National Institute on Drug Abuse – International Program **National**  
**Native Addictions Partnership Foundation** National Network for Aboriginal  
Mental Health Research **Prince Albert Parkland Health Region** Saskatchewan  
Team for Research and Evaluation of Addictions Treatment and Mental Health  
Services **Saskatoon Health Region** University of Regina **White Buffalo Youth**  
**Inhalant Treatment Centre** Youth Solvent Addiction Committee **& More**

[www.addictionresearchchair.ca](http://www.addictionresearchchair.ca)



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Canada

