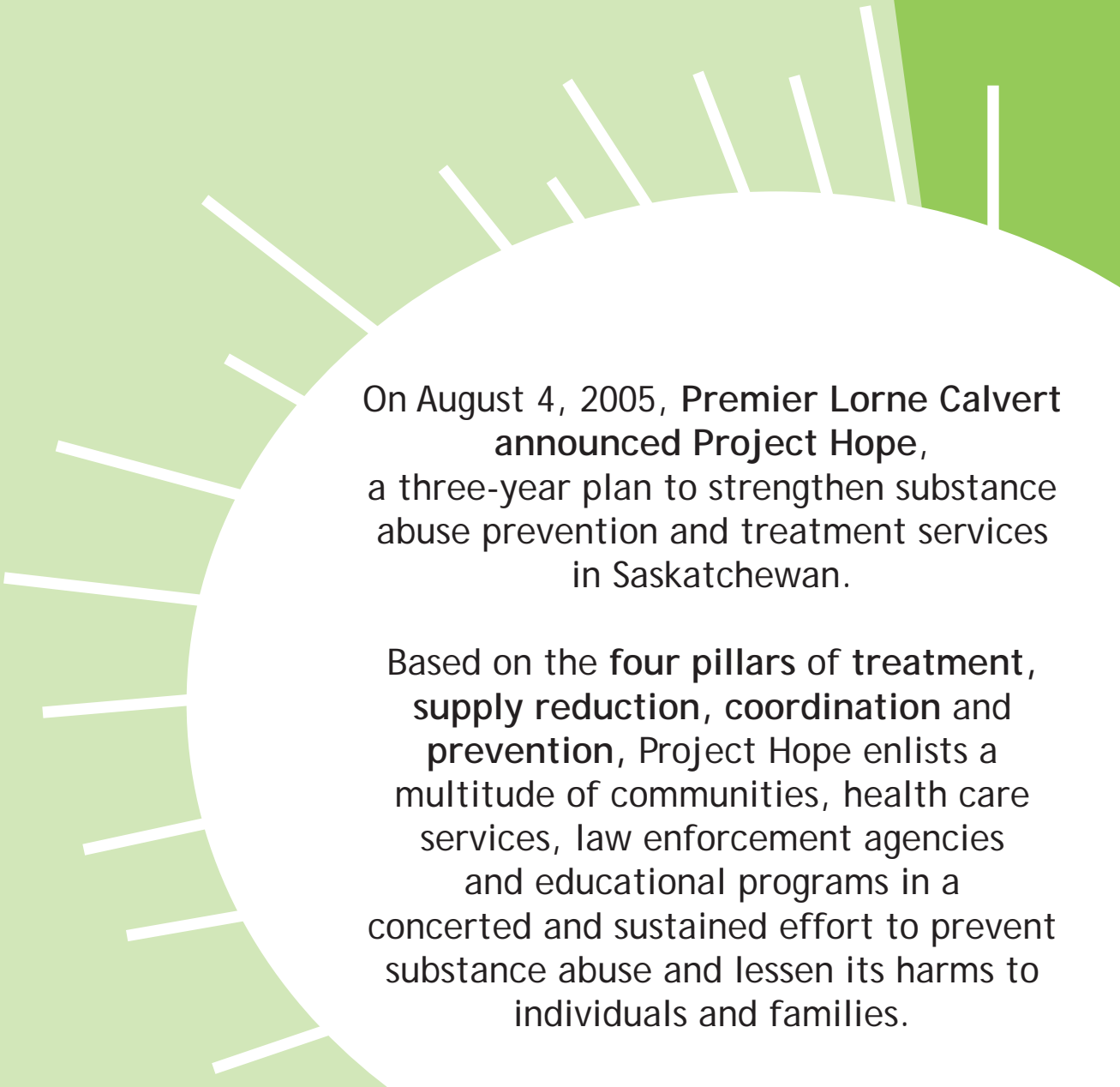


# Project Hope

Two Year Update - September, 2007



On August 4, 2005, Premier Lorne Calvert announced **Project Hope**, a three-year plan to strengthen substance abuse prevention and treatment services in Saskatchewan.

Based on the **four pillars of treatment, supply reduction, coordination and prevention**, Project Hope enlists a multitude of communities, health care services, law enforcement agencies and educational programs in a concerted and sustained effort to prevent substance abuse and lessen its harms to individuals and families.

# Project Hope

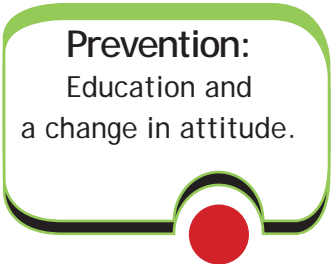
● Two Year Update - September, 2007

Today, Project Hope is already making a difference. This report outlines the progress made to date in implementing this three-year plan. In addition to the initiatives described below, the government has enacted legislation and established an interim unit for the short-term involuntary stabilization of addicted youth who are considered at high risk to harm themselves or others. *The Youth Drug Detoxification and Stabilization Act* came into effect on April 1, 2006. **As of August 28, 2007, 216 young people had received stabilization services in a specialized unit dedicated to this purpose located at the Paul Dojack Youth Centre in Regina.** As well, health regions have implemented outreach and associated services in order to provide enhanced intervention, case management and support.

## Highlights

- Over **80 full time positions** have been added to the addiction service workforce in 2006-07. This includes addiction workers, outreach workers, RCMP resource officers, Safer Communities and Neighbourhoods Act officers, drug enforcement officers, addictions counsellors, outreach and mobile treatment workers;
- A total of **74 or more beds** will be added to the existing 260 addiction service beds in the province, an increase of almost 50% in beds in Prince Albert, Saskatoon and Regina;
- In 2006-07 there were approximately 22,000 **admissions** to alcohol and drug treatment services;
- Outreach centres, methadone services, and needle exchange programs have all be expanded;
- Training has been provided, and;
- At the end of 2006-07, the Government of Saskatchewan had provided approximately \$18.5 million dollars towards initiatives under Project Hope, for various prevention, treatment, supply reduction, and coordination initiatives, which brought the total budget for alcohol and drug services up to approximately \$44 million annually.

The following update provides an overview of the achievements and progress to date on these important initiatives.

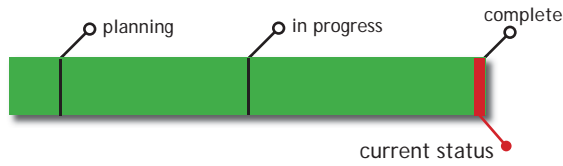


**Prevention:**

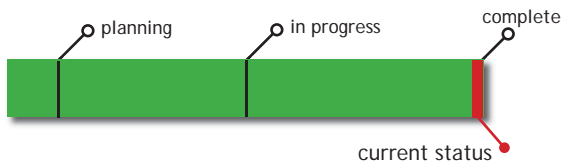
Education and a change in attitude.

**Project Hope Plan**

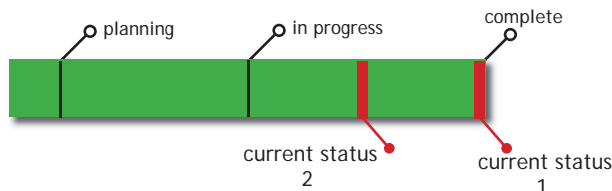
Provide schools with RCMP resource officers who can directly help young people at risk of involvement with substance abuse.



Create a new Alcohol and Drug Prevention and Education Directorate within Saskatchewan Health, a dedicated team whose mandate will be to work with regional health authorities, schools and other agencies to enhance prevention and education efforts.



Change attitudes about the use and abuse of alcohol in our province.



**Progress to Date**

Two constables were hired, one in Regina in June of 2006, and one in Prince Albert in January of 2007, to provide prevention and resource services to youth.

The Alcohol and Drug Education & Prevention Directorate was created within Saskatchewan Health as one of the initiatives under Project Hope, and began work on October 31, 2005. It's work includes:

- Identifying, developing and/or enhancing available prevention resources. Examples include media awareness campaigns, print materials and web-based resources.
- Supporting the Population Health Promotion Strategy work being done by regional health authorities to decrease substance use/abuse, and enhance mental well-being.
- Providing central support and coordination of professional development and education.

1. Saskatchewan Liquor and Gaming Authority has implemented a minimum price on beer (consistent with other alcohol products) and a surcharge on high-alcohol beer. They continue to consult with stakeholders to develop further recommendations for the liquor regulatory review.

2. In 2006, Saskatchewan Health launched "You Always Have A Choice," an advertising campaign aimed at young adults to raise awareness of the risks and consequences associated with excessive (binge) drinking and to promote the responsible use of alcohol.

**Other initiatives related to the campaign include:**

- Messages about risks/consequences related to binge drinking in student calendars distributed by post-secondary institutions.
- Information on alcohol and binge drinking in provincial parks during summer 2007.
- Party Safe Tips (information for young adults about how to reduce the risks related to drinking alcohol) in liquor outlets.





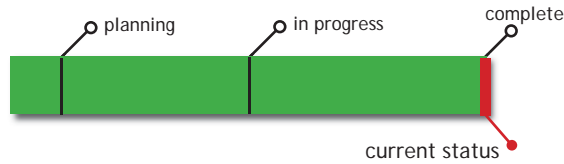
We will make communities safer.



### Project Hope Plan

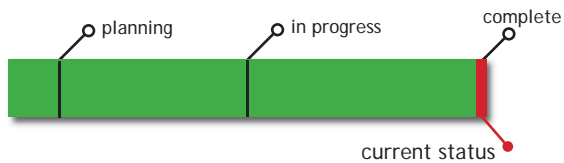
### Progress to Date

Put in place two additional officers to enforce The Safer Communities and Neighbourhoods Act.



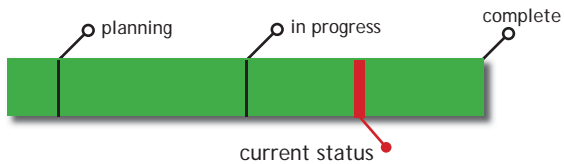
Both positions were staffed as of January 2007, one officer in Regina and one in Saskatoon.

Hire four additional drug enforcement officers.



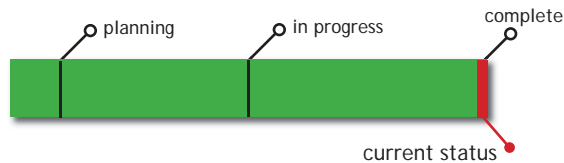
All four positions have been filled (2 in Yorkton and 2 in N. Battleford.)

Make it more difficult to manufacture and distribute illicit substances in Saskatchewan, by promoting the province's toll-free hotline for reporting drug houses.



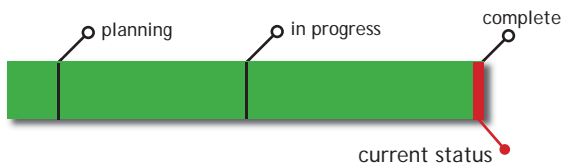
A public information campaign was conducted in the fall of 2005; public service announcements and bus board advertisement ran October through December 2006.

Continue to urge the federal government to strengthen penalties for drug possession.



The federal government has taken action to strengthen penalties for offences involving crystal methamphetamine.

Build on MethWatch, a coalition of retail and wholesale businesses, to restrict the supply of ingredients used in the manufacture of crystal methamphetamine.



This program has expanded in Saskatchewan, and is complemented by Saskatchewan Health's decision to move single entity pseudoephedrine products (a common precursor for crystal meth) behind pharmacy counters.

## Coordination:

Working together,  
with the best tools  
available.

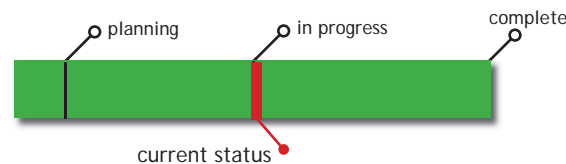
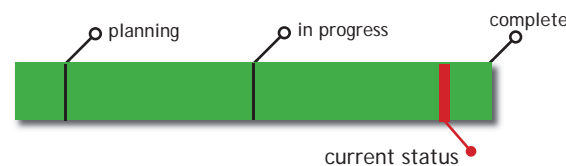
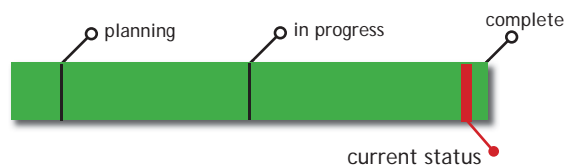
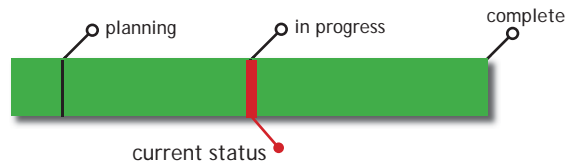
## Project Hope Plan

Create and implement a Community Development Framework, which will bring communities together in a cohesive and shared approach to battling substance abuse issues.

Create a treatment database that will provide substance abuse programs and services with up-to-date centralized information about treatment options.

Empower communities to address substance abuse on the streets and in their homes, by providing community toolkits, a web-based inventory of speakers and experts on substance abuse, and centralized prevention and education resources.

Introduce a central accreditation process for substance abuse programs and services so that clients and their families can be assured of quality and trustworthy expertise.



## Progress to Date

In partnership with the Canadian Centre on Substance Abuse (CCSA), Health Enforcement and Education in Partnership Program (HEP), the provincial coordinator has been in contact with all of the community based committees, groups, coalitions and strategies that are addressing decreased substance use and abuse in Saskatchewan to discuss current initiatives and goals.

Provincial substance abuse programs and services are on the department website. The up-to-date treatment database is being developed.

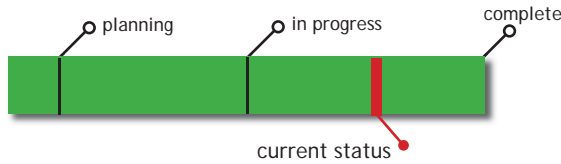
The Department has developed a number of resources which are posted at [www.healthysask.ca](http://www.healthysask.ca), including:

- A series of seven fact sheets on alcohol and drugs;
  - Two resources for parents to help them discuss alcohol and drugs with children and adolescents;
  - Binge drinking awareness campaign and related resources; and
  - A GOOD R.E.A.D. - quarterly newsletter for health professionals.
- Most of these resources are also available in print form, call 787-2056 to order.

The standards and processes for accreditation are now in development. Initial discussions have been held with accreditation bodies. The new provincial best practices treatment model will inform the accreditation standards.



Improve our knowledge about substance abuse by conducting a provincial survey regarding alcohol and drug abuse and by creating a new research chair at the University of Saskatchewan and improving evaluation of substance abuse programs and data collection.



The University of Saskatchewan successfully recruited Dr. Colleen Dell. Dr. Dell began her position on July 1, 2007.

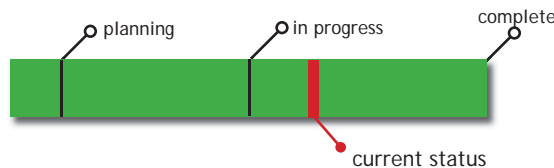
Last fall, Saskatchewan Health completed and released provincial polling on substance use among adults. As well, we are currently participating on working groups through the Canadian Centre on Substance Abuse (CCSA) to implement a national student survey. Plans also include the purchase of data samples from Health Canada and Statistics Canada starting winter, 2008.

**Treatment:**  
Accessible, flexible,  
effective

We will expand our ability to treat addiction, particularly among our youth.

**Project Hope Plan**

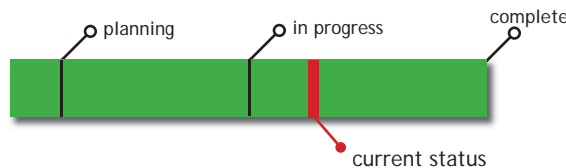
Develop a 12-bed youth stabilization unit in Saskatoon.



**Progress to Date**

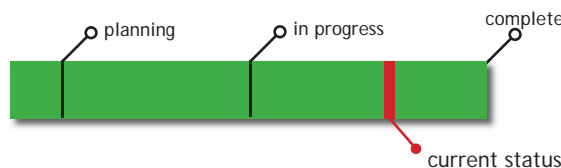
Interim six-bed unit is operational at Calder Centre. Renovations are being planned to upgrade the centre to provide adequate space for the six stabilization beds and the existing 12 youth treatment beds. In addition, the 6-bed secure care unit will continue to operate in Regina. **Target for opening: Spring 2008.**

Develop a 15-bed inpatient residential youth treatment facility in Prince Albert in partnership with First Nations.



Interim six-bed centre operational at Pineview Youth Terrace in Prince Albert. Permanent location of the 15-bed facility to be located on land near the Victoria Hospital. Working with Prince Albert Grand Council and Prince Albert Parkland Regional Health Authority to finalize plans for a 15 bed permanent centre. **Target for opening: Winter 2008.**

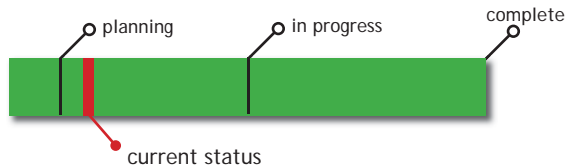
Review additional opportunities to partner with First Nations organizations in southern Saskatchewan.



Saskatchewan Health is contributing to capital improvements to the Leading Thunderbird Lodge, a federally funded First Nations treatment centre in Fort San.

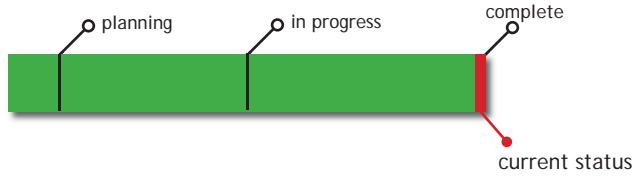
## Project Hope Plan

Develop 12 detoxification beds in Regina.

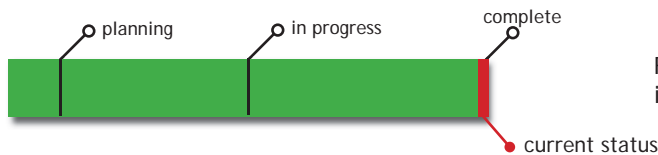


Hire four additional addictions counsellors in the North.

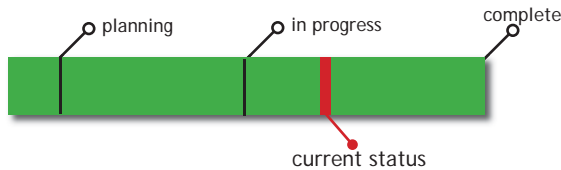
Develop mobile treatment service for youth in northern communities.



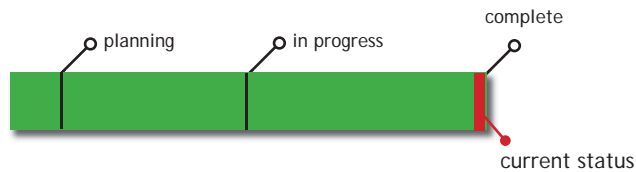
Provide operating funding for brief detox services in Saskatoon.



Double the social detox capacity in Prince Albert, from six beds to 12.



Develop outreach centres in Saskatoon and Prince Albert and expand existing outreach services in North Battleford and Regina.



## Progress to Date

Working with Regina Qu'Appelle Health Region to determine a suitable location for the centre. **Target for opening: Spring 2009.**

All four addictions counsellors have been hired in the North (2 in Mamawetan Churchill River Regional Health Authority and 2 in Keewatin Yatthe Regional Health Authority).

Mobile treatment services are being delivered in those regions.

Funding has been provided. Facility is now operating.

A proposal for 6 social detox and 8 acute detox beds, bringing the total detox beds to 14, has been approved. **Target for operation: Winter 2008.**

Saskatoon Regional Health Authority hired 2 outreach workers in November, 2006. The permanent outreach centre will be operational this fall.

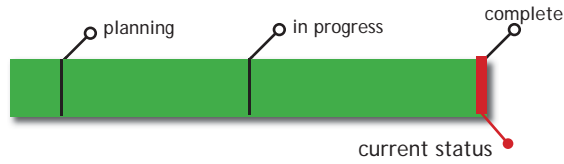
Hepatitis C nurse attends youth centre in Prince Albert to provide outreach services. An additional addictions worker was hired in Shellbrook; Prince Albert Parkland Regional Health Authority partnered with Prince Albert Outreach Inc. to add 1 addiction counsellor to its outreach program. Outreach positions have also been assigned to Birch Hills and Kinistino.

Prairie North Regional Health Authority has hired an additional youth outreach worker for North Battleford, Meadow Lake and Lloydminster.

Two outreach workers have been hired by Regina Qu'Appelle Regional Health Authority.



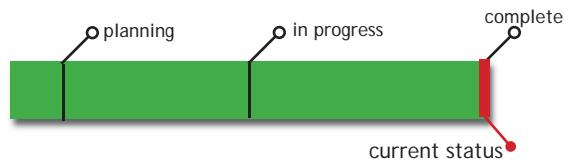
Make substance abuse treatment available to individuals who are in custody as well as to those who are appearing before a new drug treatment court.



Regina's new Drug Treatment Court opened October 3, 2006. As of August 22, 2007, 42 people have been accepted for assessment and 21 individuals are currently enrolled in the program

Saskatchewan Corrections and Public Safety is working with young offender and adult programs around the province to coordinate treatment for individuals in custody.

Expand methadone services in Prince Albert and Saskatoon; expand needle exchange programming in general.



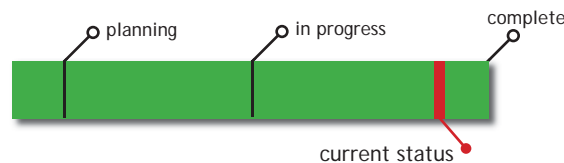
With the addition of two new positions, methadone services have been expanded in Prince Albert and Saskatoon; funding has been provided to expand injection drug use-related services elsewhere in the province, including a new needle exchange program in the Sunrise Health Region.



We will introduce more flexible and accessible treatment supports for individuals and their families.

### Project Hope Plan

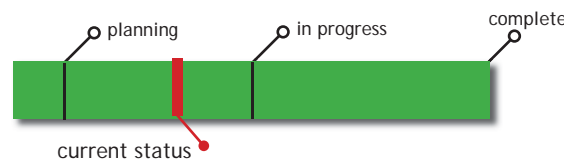
Provide community supports which may include transitional housing for youth and adults or respite services for families with substance-abusing youth.



### Progress to Date

Eleven out of twelve regional health authorities have submitted proposals for such services. To date, 6 proposals have been approved. Saskatchewan Health continues to consult with the remaining regional health authorities in the development of their proposals.

Develop a family treatment centre to offer inpatient care for people with young children.



A decision has been made to locate the family treatment centre in Prince Albert, making Prince Albert a hub for addiction services in the North. Planning is in progress. Target for opening: Spring 2009.

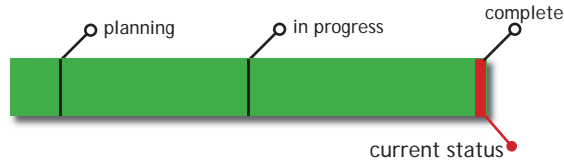




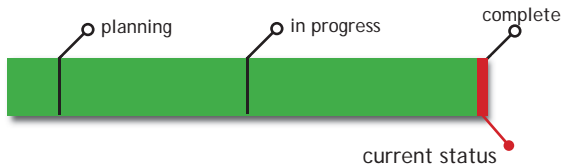
We will redevelop our provincial treatment model so that it reflects the best known practices.

### Project Hope Plan

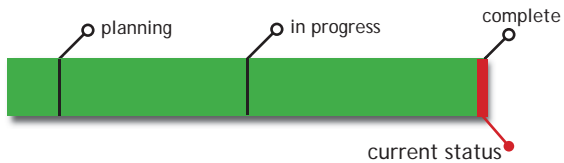
Provide training to substance abuse counsellors and other addictions and mental health workers in Saskatchewan's health regions.



Hire program consultants to work with our partners to introduce, develop and implement the many initiatives in this new substance abuse model.



Host an annual clinical conference for the education and inspiration of those working in the addictions field in Saskatchewan.



### Progress to Date

Regional cross-training initiatives are underway. On-line cross-training for the regional health authorities is in progress. Evaluating and planning for upcoming session has begun.

Project Hope implementation team is in place.

The Department has sponsored, supported and facilitated several learning events for professionals in health regions, government departments and community-based organizations including:

- Moving Forward 2006, a national clinical conference on the treatment and prevention of substance abuse (January 2006);
- "Sprouting Success": An orientation to Population Health Promotion (May 2006);
- Consultation and training related to the *Youth Detoxification and Stabilization Act* (summer/fall 2006);
- Conflict Resolution (October 2006);
- Facilitation Skills Development (April 2007)
- "Taking it to the Streets": An Orientation for Youth Outreach Workers (May 2007).