

Common Signs that alcohol or other drugs may be causing problems for a young person:

- Decline in School attendance
- Decrease in grades
- Under the influence, in withdrawal or hung over at school.
- Problems with concentration
- Problems with memory
- Loss of interest in activities that were formerly important
- Higher tolerance
- Change in eating habits
- Change in sleeping habits.
- Irritability
- Mood swings
- Change in friends
- Tension at home
- Secretive
- Unexplained changes in financial situation.
- Legal problems
- Appearance of alcohol or other drug related symbols or paraphernalia
- General loss of motivation and ambition.
- Others expressing concern about their use

Common Signs that someone else's use of alcohol or other drugs or gambling may be causing problems for you.

- Preoccupation with another person's use of alcohol/other drugs or gambling
- Trouble sleeping
- Feeling you are responsible for causing the person's behavior or to try to fix it.
- Over focus on schoolwork or sports
- Getting yourself into unnecessary trouble.
- Problems with concentration.
- Feeling that you have to "Walk on eggshells" around the person
- Being afraid to take your friends home

For more information on this and other programs / services available in your area:

Jarrett Yaworski

Youth Rehabilitation Counsellor
 AFM School-Based Services
 Interlake School Division

- Stonewall Collegiate** - - - - - 467-5539
 [Mondays & Thursdays]
- Teulon Collegiate** - - - - - 886-2593
 [Tuesdays]
- Warren Collegiate** - - - - - 322-5586
 [Wednesdays]

AFM Winnipeg Region services:

- Youth Community-Based Services 944-6235
- Family Services (Christie House)944-6229
- Men's Residential (James Toal Centre)... 944-6200
- Women's Residential (River House)944-6229
- Impaired Driver's Program944-6290
- Problem Gambling Services.....944-6368
- Gimli Office (also servicing Teulon)642-5162
- Selkirk Office (also servicing Stonewall) .785-2354
- Compass Youth Residential Program428-6600

Website: www.afm.mb.ca



AFM School Based Services

The AFM is partnered with a number of schools across the province.

Goals of these partnerships are:

- To encourage the early identification and referral of students experiencing problems related to their alcohol/other drug or gambling involvement.
- To prevent students from becoming harmfully involved in alcohol /other drugs or gambling.
- To assist and support students affected by the alcohol/other drug or gambling involvement of people close to them. .

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AFM School Based Services

Services available

Assessment:

This may involve a number of individual or group sessions or a combination of both. The purpose of the assessment is to gather information that will help the counsellor and the young person set goals and make an action plan based on the young person's needs. This part of programming also often involves education on alcohol, other drugs and gambling.

Counselling and Rehabilitation Services:

This may also involve several individual, group or family sessions or a combination of both. The counselling programs will vary across the province. The purpose of the counselling programs is to assist the young person in meeting the goals they identified in the assessment.

Referral:

AFM counsellors can make referrals to other services within AFM or external services as needed in order to help clients meet their goals.

Prevention / Education

Counsellors are available to make presentations to classes. They also provide a source of accurate information to individual students, parents, school staff, community members and staff from other agencies on alcohol other drugs or gambling and their effects.

Consultation

Counsellors are available to consult with and support parents, teachers or students who have concerns about a student's use of alcohol /other drugs or gambling.

Q I am student at a school with an AFM Counsellor and I have some worries about my use of alcohol or other drugs. How do I access your services?

A. You can arrange a confidential meeting by contacting the AFM Counsellor in your school. If you are not sure how to do that you can ask your guidance counsellor. The AFM counsellor will explain the available services and work with you to decide on which is best for you.

Q. I'm worried that my son or daughter might be getting into trouble with drugs. What should I do?

A. The AFM Counsellor in your son or daughter's school would be happy to talk with you on a confidential basis. They can provide information on alcohol and other drugs and they can assist you in developing an appropriate intervention strategy.

Our Word About Confidentiality

AFM counsellors encourage young people to involve their parents in the counselling process; however it is not necessary that parents be aware that a student is seeing the counsellor. The exception to this is where the school or another agency (e.g. probation) is mandating the student's attendance and there will be consequences for non-attendance. Students can be sure that information they share is not shared with anyone else. Exceptions to this include: harm to self or others, abuse (physical sexual or emotional) or attending the counselling center under the influence of alcohol or other drug.

The counsellor will make sure that you understand the exceptions to confidentiality before you share any information with them.

Q. I'm a student in a school where there is an AFM Counsellor. My best friend has changed a lot lately and seems to have lost interest in things we used to do since he/she started smoking pot. Is there anything I can do?

A. This is a tough spot to be in. You can contact the AFM worker in your school to talk about your concerns. It's up to you whether or not you want to tell the counsellor your friend's name. The counsellor can help you think through the issues and provide you with information to help you make the right decision for you and your friend.

Q. Lately I have been worrying a lot about dad/mom because he/she has been drinking a lot. Sometimes I even think I am responsible for him/her drinking so much. Is the AFM Counsellor able to talk to me without my parents knowing?

A. You are not responsible for your parents drinking, but the feelings you are experiencing are very common for young people who are growing up in a home affected by alcohol, other drugs and problem gambling. It is very important to have a place where you can talk openly and get support. AFM counsellors can provide that. It is not necessary for your family to be aware of your involvement with an AFM school based counsellor. To learn more about alcohol, drug or gambling problems and how to take care of yourself, contact your local AFM counsellor at your school.

