

Substance Use Education and Prevention Initiatives in Highland



Highland Initiatives

The [Substance Misuse Framework](#) is a resource for schools linking educational activities to health and wellbeing outcomes within Curriculum for Excellence, ensuring age appropriate input. Resources to support the framework can be accessed via the [Highland Substance Awareness Toolkit](#).

The [Highland Substance Awareness Toolkit](#) is an online resource for young people, parents / carers, and professionals, providing information about tobacco, alcohol and drugs. Lesson plans are available within the 'Professionals' section. Also within the toolkit is the [Young People's Substance Use Pathway](#), highlighting interventions and support at various levels of substance use



Awareness Raising

Festival and festive awareness campaigns encouraging young people to avoid or reduce harm from alcohol / drug use

Surveys

[SALSUS](#) (Scottish Schools Adolescent Lifestyle and Substance Use Survey) is a government survey that is conducted nationally every 2 years and every 4 years in Highland, providing trend data that shows decreasing use over time both in Highland and nationally.

[Highland Lifestyle Survey](#) provides local data relating to self-reported responses of P7, S2 and S4 pupils to questions relating to health and wellbeing, including substance use, on a biennial basis.

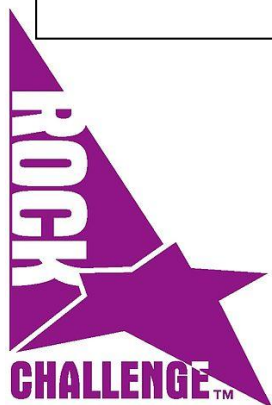
Scottish Government

['What works' in drug prevention and education?](#)

Positive / Diversionary Activities

Rock Challenge encourages young people to make positive life choices to be their best without the use of alcohol, drugs or tobacco

<http://www.highland-adp.org.uk/news/30-mar-2017-rock-challenge-returns-to-highland>



Training

Discussing Drugs and Alcohol with Young People is a free training course based on the principles of motivational interviewing and brief interventions. The training provides structure to opportunistic, non-confrontational conversations to support young people to make healthy lifestyle choices around drugs and alcohol. For further information contact eve.macleod@nhs.net


Social Marketing


Meet the MacPhersons encourages parents to be aware of the impact of their behaviour and decision-making in relation to underage drinking



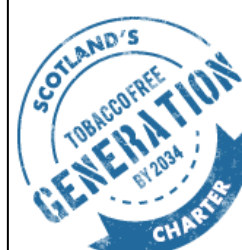
<http://www.highland-adp.org.uk/meet-the-macphersons2>

Social Media

 [Drugs and Alcohol, telling it like it is](#)

 @nhsh_wellbeing

We support:



Available from: <http://www.highland-adp.org.uk/fairer-and-healthier-communities>