



Liard First Nation Regional Treatment Strategy

Youth are the Future: Say No to Alcohol and Drugs



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Results of 5 Participatory Youth Workshops, Grades 5-12
December 31, 2009

Acknowledgements

Participants by grade

A total of 91 students participated in the Youth Workshops.

Grade 5

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Dexter Lund
Sterling McCulloch
Sanka Ngeruka
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Grade 6

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Donovan Porter
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Kindra Stewart
Kyle Stewart
Kiera Stubenberg
Angelina Wolftail

Grade 7

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Kyla Giesbrecht
Teaka Lewis
Bambi Stewart
Blayde Walker

Grade 8

16 students

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Dystar Charlie
Dayle Dennis
Kailee Hibbing
Cassidy Hinson
Eric Holland
Camille Jakesta
Fyle Johnny
Kyla Magun
Alex Miller
Tyrell Miller
Nile Ngeruka
Katelyne Porter
Nick Sherget
Waylon Wolftail
Samantha Zacker

Grade 9

13 students

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Erick Dennis
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Grade 10

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Kevin Pete
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Grade 11/12

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Thank you to all those who helped make this Youth session possible. They include in alphabetical order:

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Travis Stewart
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Executive Summary

“ **What I like?** I can go snowboarding and skidooing cause there is lots of snow

“ **A healthy community?** no drinking
- no drugs - a treatment centre -
clean - active - safe

“ **A healthy vision?**
healthy living is the way
to go - dream big you
can do it without drugs
- stop drinking and
sitting around - plant
flowers and trees

“ **Concerns around drugs & alcohol?**
too much teens drinking, smoking
and doing drugs - can't learn when
drunk or stoned - parents need to
get onboard

“ **Solutions to drugs & alcohol?** put drunk
people in jail - take the liquor store away
- get parents involved - promote youth
role models - a safe place to go for kids

As part of the Liard First Nation's three year regional treatment strategy, citizens of all ages from Watson Lake are being asked to discuss their vision for a healthy community, including the priorities and ways to stop the community's alcohol and drug problems.

Youth workshops were delivered in November 2009 to Grades 5-12. In total, there were 91 students who participated in five workshops over three days. This report documents the results of the Youth sessions, including a Youth survey.

Targeting the strengths of the community, Youth were asked for their opinions on what they liked about Watson Lake and how they describe a healthy community. Youth visualized their visions for a healthy community by creating individual art collages. Youth were also provided the opportunity to share and discuss their issues and concerns around alcohol and drugs, and what ideas and solutions they had to overcome these, including prioritizing them in terms of the greatest impact as a way to assess potential Youth action priorities.

Summary highlights of the Youth engagement are as follows:

1. Community strengths: Youth particularly like the snow and all the activities it provides such as skiing, snowboarding, skidooing, trapping, hockey, skating, and sledding. Summer and organized activities are also popular, with the Youth enjoying swimming, soccer, skate boarding, running, hunting, hiking, fishing, dirt biking and clubs. They appreciate the community's attractions and facilities and of course, friends and family. However, many Youth do not think Watson Lake is fun, because of the lack of things to do, and the presence of drugs and alcohol.



2. Description of a healthy community: Youth describe a healthy community as one free of drugs and alcohol, created by removing drug dealers, alcohol runners, and the liquor store. Youth also want an active community in which citizens are physically healthy, eat well and are non smokers. A healthy, clean and safe environment is also important, one in which people respect each other, there are lots of jobs and community services which meet the needs of the citizens, there is no violence, and families are healthy and responsible. References to the environment, working together, healthy parents, eliminating violence, community infrastructure and services, and having police presence were also noted.

3. Vision for a healthy community: A healthy community is one in which citizens can maintain an active and healthy lifestyle, such as making healthy choices and living life to the fullest. The community should offer an abundance of recreational activities. Youth also recognize the importance of 'community', and define that many ways, including having support and creating a deeper sense of belonging, respect and caring, having faith, love and peace, being happy and true to oneself, staying in school, and being employed.

4. Issues and concerns around alcohol and drugs: Youth recognize that the community has alcohol and drug problems, and the majority recognize it as a serious to critical issue. Youth identify alcohol and drugs issues as both community and individual problems because they affect Youth as well as parents and community members in a negative way. Issues around alcohol mainly focus on the number of teens drinking and that they are drinking too much. Access to alcohol is too easy, through bootleggers and parties, facilitated by having a liquor store in town. The issues around drugs are similar, in that there are too many drugs and drug

dealers in town, making it too easy for Youth to access. Unhealthy habits and parent/family issues are also identified as key concerns. In terms of violence, Youth are somewhat to extremely concerned about the effect of alcohol and drugs on violence in their community and in their families.

5. Ideas and solutions around alcohol and drugs: Besides simply staying away from alcohol and drugs, most of the solutions to alcohol and drug issues relate to increasing the number of activities (programming), with the Youth providing examples like Youth gatherings as well as organized (more sports, dance classes) and individual (reading and writing) activities and workshops. Youth also suggested increasing the voice of Youth through a newsletter and website, Youth Council and Youth summit. Youth think that adapting more healthy habits and having role models and Youth mentors, as well as someone to listen to Youth would help. This includes having a supportive community that provides services such as treatment programs, policing and infrastructure such a treatment centre. Finally, Youth suggested anti-bullying and violence workshops, and having a safe place to go for help if needed.

These results will be included in the larger three year strategy report to be completed in March 2010.



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Introduction

The Liard First Nation is completing a three year regional treatment strategy under the project leadership of the Liard Aboriginal Women's Society (LAWS). The project supports a community-based process – one that includes everyone to create a more healthy future.

Citizens of all ages are being asked to discuss their vision for a healthy community, including the priorities and ways to stop the community's alcohol and drug problems.

It is important that the Youth be given the opportunity to share their vision and ideas to make Watson Lake a healthy place to live, work and play.

This report is organized into seven sections:

1. Community strengths
2. Description of a healthy community
3. Vision for a healthy community
4. Issues and concerns around alcohol and drugs
5. Ideas and solutions around alcohol and drugs
6. Youth survey results on the use of alcohol and drugs
7. Youth feedback

These results will be included in the larger three year strategy report to be completed in March 2010.



Youth Workshop Program

A 2-3 hour workshop program was designed and delivered five times over three days as part of scheduled class time. One session was delivered to Grades 5-7 in the Watson Lake Elementary School and four sessions were delivered in Watson Lake Secondary School to grades 8, 9, 10, 11-12. In total, there were 91 students who participated in the workshop.

Youth were asked to speak about what they like, or the strengths of Watson Lake (Section 1, Appendix A). Building on the strengths of the community, they were asked to describe what a healthy community means (Section 2, Appendix B). Youth shared their views with one another.

Next, Youth created a collage to express what their vision of health is for the community of Watson Lake (Section 3, Appendix C). These 8.5" x 11" collages captured key themes of health. Images, pictures, text and free-hand drawing were used by Youth as a way to see what matters most from a Youth perspective. Youth presented their vision maps to one another.



The second half of the workshop session provided Youth an opportunity to share and discuss their issues and concerns around alcohol and drugs (Section 4, Appendix D), and what ideas and solutions they had to overcome the issues and concerns (Section 5, Appendix E). Youth also had an opportunity to say which of their ideas would have the greatest impact as a way to assess potential Youth action priorities. Youth then completed a survey about alcohol and drugs (Section 6, Appendix F).

To conclude, Youth talked about their workshop experience. They were given a blank postcard to fill out and send to themselves in the mail as a way to share lessons learned (Section 7, Appendix G), and the opportunity to describe the workshop in one word (Appendix H).

An agenda is located in Appendix I.



Section 1: Community Strengths

“ there is always lots of friendly faces and all the nature, and all the animals

“ the sign post forest and I'm proud of it

“ there is a lot of good trails to drive ATVs or snowmobiles

“ being able to walk around with friends

“ the activities and everything about Watson Lake

“ our First Nation community

“ some of my family live here

What do I like about Watson Lake?

Youth participants were asked to list what they liked about Watson Lake (see Figure 1 and Appendix A). Of the 91 Youth attending the workshops, 74 (80%) provided 221 responses to the question. Over 26% (58 Youth) mentioned something to do with snow – skiing, snowboarding, skidooing, trapping, hockey, skating, sledding, and of course, snow. Summer and organized activities were also popular (42 or 19%), with the Youth enjoying swimming, soccer, skate boarding, running, hunting, hiking, fishing, dirt biking and clubs. They appreciated the community's attractions and facilities (43 or 19%), such as the recreation centre, the sign post forest, the Northern Lights Centre, and the shops. Of course, friends and family rated highly (35 or 16%).



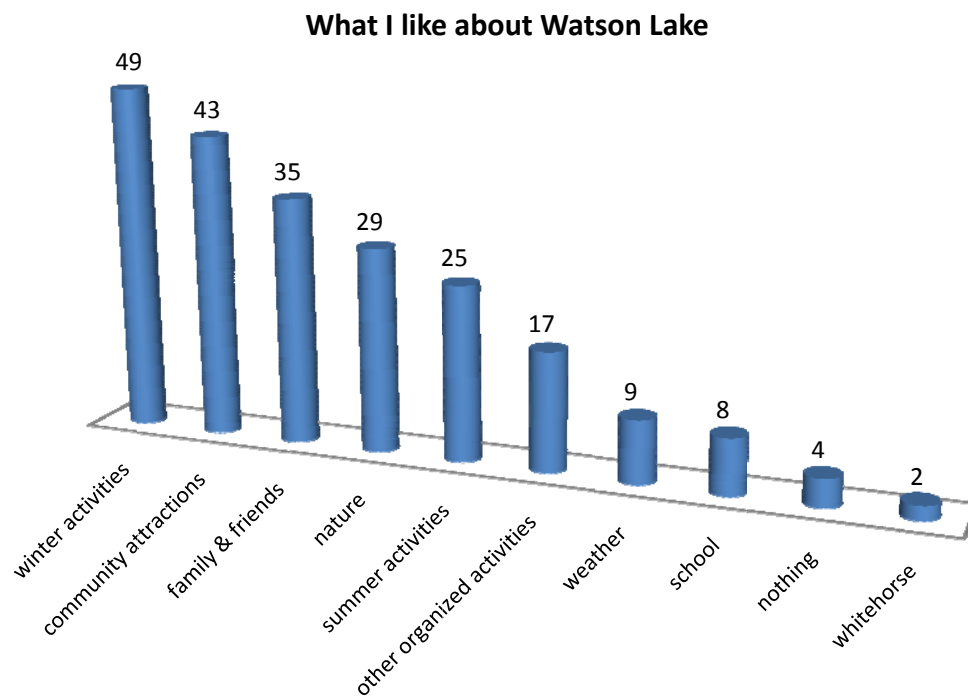


Figure 1: What I like about Watson Lake



Section 2: Healthy Community



When asked to describe a healthy community, Youth came up with 299 responses on bright coloured sticky notes that created a wonderful collage (see Figure 2 and Appendix B).

The most frequent responses were around creating a drug free community (55 or 18%) by getting rid of drugs and drug dealers. Getting rid of alcohol and drinking was a close second (45 or 15%); the Youth suggested eliminating alcohol, the liquor store, bars and drunk driving as healthy community measures.



The community's lack of activities is obviously contributing to an unhealthy community, as Youth provided 41 (14%) ways to get more involved, from more sports and general activities to improving the ski hill and skateboard park. Becoming physically healthier by being active, eating well (20 or 7%) and stopping smoking (17 or 6%) were popular suggestions.

Other community themes were very important as well, including: the environment, keeping it healthy and clean (26 or 9%); the people, respecting each other (18 or 6%) and working together (14 or 5%); the jobs, providing a living and money (14 or 5%) and having less money issues (3 or 1%); the services, creating better schools and roads, a bigger hospital and more stores (14 or 5%); the family, having healthy and responsible parents (3 or 1%); and safety, getting rid of violence (no fighting or bullying) (20 or 7%), increasing police presence (7 or 2%), and feeling safe (2, -1%).

Describe a healthy community

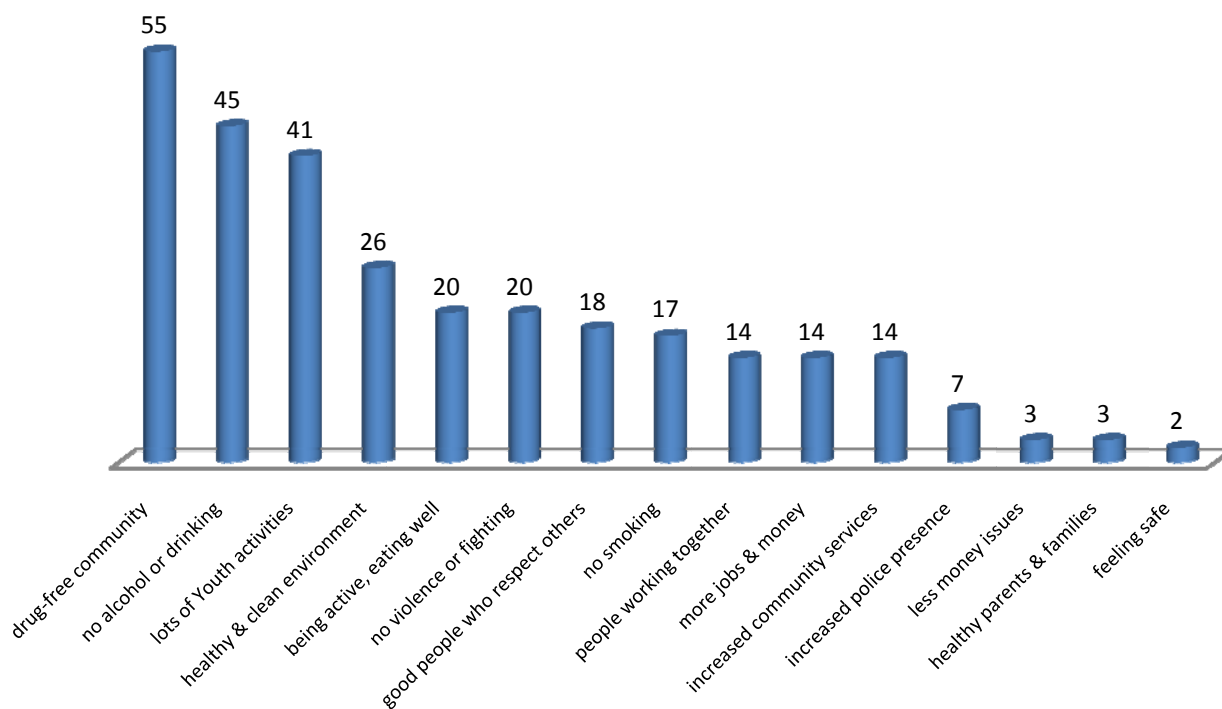


Figure 2: Describe a healthy community

Section 3: Vision for Community Health



Youth were then asked to create a collage to express what their vision of health is for the community of Watson Lake. These 8.5" x 11" collages captured key themes of a healthy community. Images, pictures, text and free-hand drawing were used by Youth as a way to see what matters most from a Youth's perspective (see Figure 3 and Appendix C).

There are 423 text-based vision themes identified on 72 collages. The main vision theme identified by Youth (57 or 13%) is to maintain an active and healthy lifestyle, such as making healthy choices and living life to the fullest. A healthy, active community that offers an abundance of recreational activities is a top priority of many. They came up with 51 (12%) recreational activities like hockey, hunting, baseball, skiing, listening to music. Many of the activities related to the outdoors, which reflects the next most common vision theme, helping Mother Nature (48 or 11%). Being environmentally conscious, cleaning up the community, planting more trees and flowers are just a few examples provided. Of course, to be healthy, you have to eat healthy, which was recognized by 43 (10%) Youth, along with a drug (34 or 8%), alcohol (18 or 4%) and smoke (13 or 3%) free community.

Youth recognized the importance of community, and defined that many ways. Supporting and belonging to the community was identified by 40 Youth (9%), and centred around respect, caring, taking a stand, finding friends, working together and participating. In addition, Youth realized that being at peace, having faith, love and hope (38 or 9%), being happy and true to yourself (33 or 8%), staying in school (28 or 7%), being employed (8 or 2%) and having happy and friendly families (7 or 2%) go a long way to creating a healthy community. The community also needs to provide services to support and help members (5 or 1%).

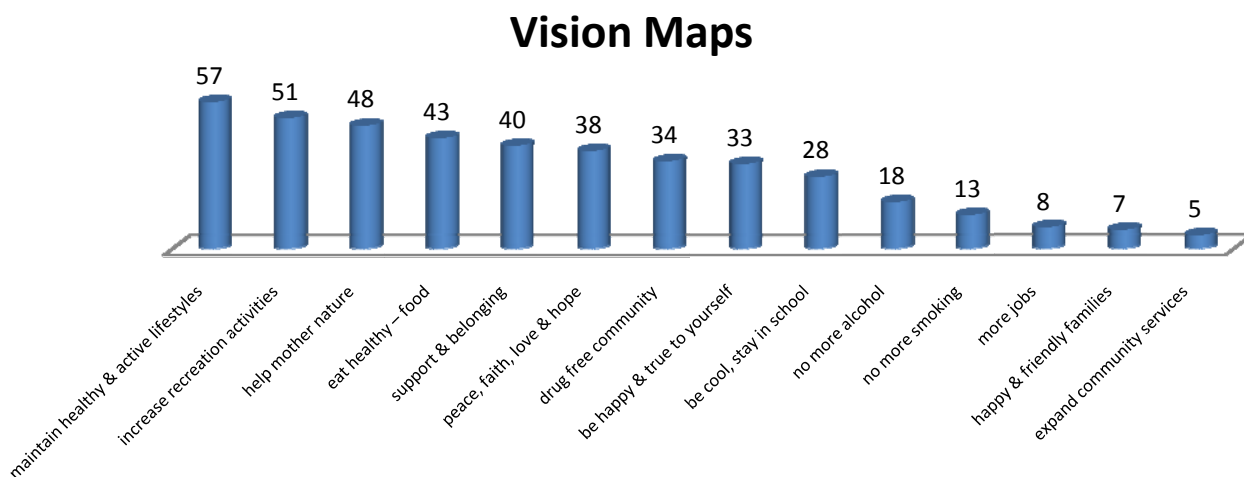


Figure 3: Vision mapping by category

Of particular interest is the definitions provided by grade 11 and 12 students of a healthy community.

A functional community is one that is willing to teach what they've learned, listen to what is being discussed, and actively cooperate to find solutions for problems.

Kids today have thousands of opportunities to do the wrong thing. But you can help them build up their inner strength so instead they'll choose to do what's right.

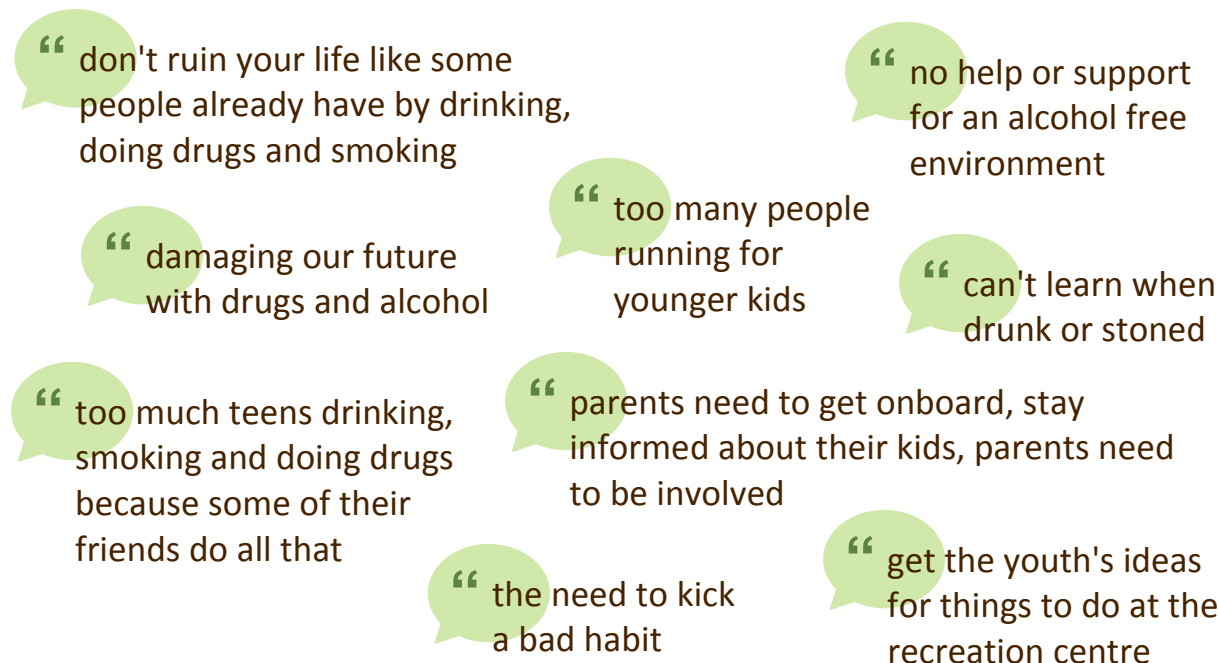
“ My vision for Watson Lake is that everyone will be supportive and stay positive. We shall have more activities and less drugs and alcohol. I think the people will live a long healthy life.

“ My vision for Watson Lake, Yukon: People will be more active and be positive about their life. They'll be able to look past Watson and succeed in education. The people will look for positive influence and not run to alcohol and drugs. And every goal that they have will be accomplished. Things would be good if people could balance their emotional, mental, and spiritual values.

“ Youth are the future. The environment a child is raised in makes them who they are! And who they will be in the future. If they believe there is no hope, they will feel helpless. Bonds, relationships between teacher and a student or coach and a student or a councillor and a student might inspire them to stay drug and alcohol free, and to get a good education, to move out of this town. I believe the youth don't know that there is more out there. More opportunities, more people, and possibly a better life out of Watson Lake.



Section 4: Alcohol & Drugs – Issues & Concerns



The Youth came up with 333 ideas about community issues and concerns related to drugs and alcohol (see Figure 4 and Appendix D), and then brainstormed a variety of solutions to their identified issues (see Section 5).

Problems associated with drugs (72 or 22%) and alcohol (71 or 21%) were the most common identified, and targeted both as community issues because drugs and alcohol affect Youth as well as parents and community members in a negative way.

Issues around alcohol mainly focused on the number of teens drinking and that they are drinking too much. Access to alcohol through bootleggers and parties, facilitated by having a liquor store in town, makes access too easy. Youth identified that they did not like the number of drunken people wandering around town, nor that their parents drank too much. Youth also identified the problems associated with drinking, such as violence, difficult relationships, unhealthy habits, bad decision making, wasting money, and drunk driving.



The issues around drugs were similar, in that there are too many drugs and drug dealers in town, making it too easy for Youth to access. As well, too many Youth are ruining their lives and their education because of drugs (and even dying as a result), wasting their money, and their youth.

In addition to drugs and alcohol as unhealthy habits, Youth identified 63 (19%) other unhealthy concerns, such as smoking, teen pregnancies, inactivity, swearing, not eating well, and not respecting your body. Much of the concern is either directly or indirectly due to a lack of activities (21 or 6%) for Youth; not enough sports, organized activities, volunteers, workshops or mentoring programs offered.

Violence was also often recognized (40 or 12%) as a main issue, with Youth providing examples like bullying, abuse, fighting or rape, and noting that much of it results from the effects of drugs and alcohol. This issue is also demonstrated in the responses relating to an unsafe community (13 or 4%), meaning there is no safe place for Youth to go, no help, and too many mean people. In addition, Youth noted the lack of police presence (3 or 1%) as a concern.

Of course parent and family issues were raised (19 or 6%), especially in relation to alcoholic or drug using parents and the effect these substances have on parent-child relationships, on abuse, and on the lack of healthy role models.

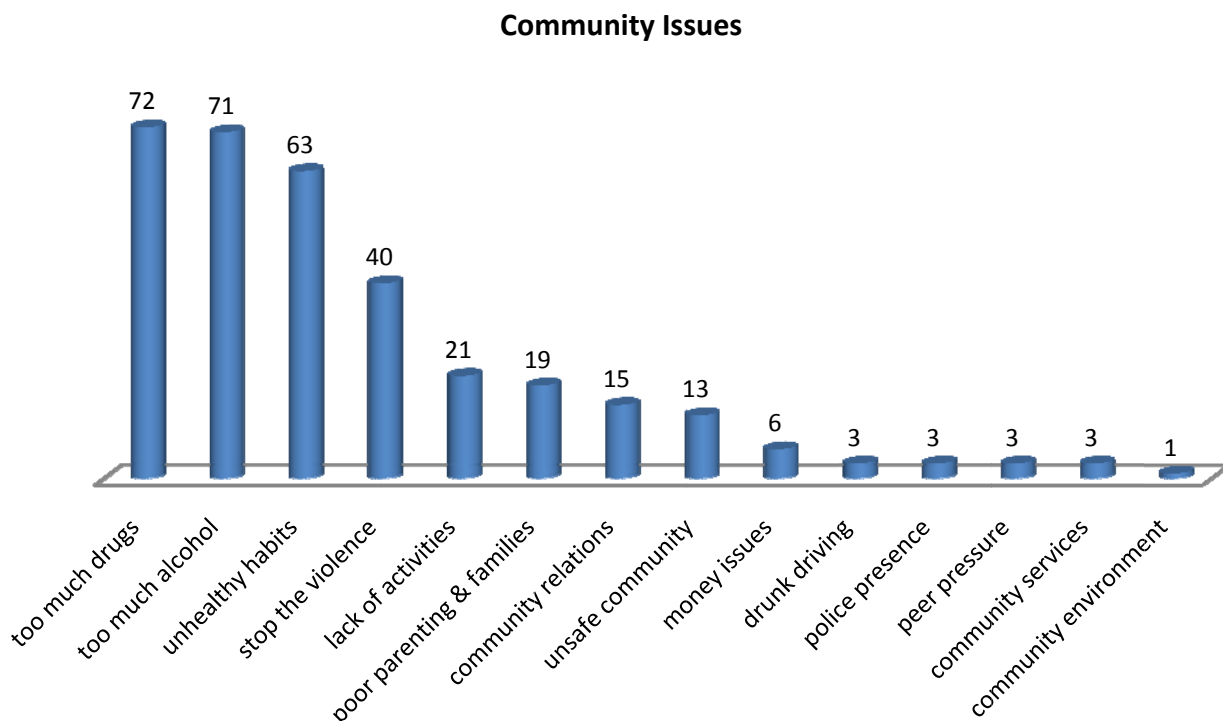


Figure 4: Community issues

Section 5: Alcohol & Drugs – Ideas & Solutions



The Youth offered 187 ideas and solutions to the alcohol and drug situation in Watson Lake (see Figure 5 and Appendix E). Most of the solutions relate to increasing the number of activities (38 or 20%), with the Youth providing examples like Youth gatherings, organized (more sports, dance classes) and individual (reading and writing) activities and workshops. More specifically, increasing the Youth voice through activities such as newsletters and a website, a Youth Council and a Youth Summit were offered as suggestions.

Making it more personal, 33 Youth (18%) suggested adapting more healthy habits by seeking counselling, making good choices, staying in school, and quitting bad habits. Simply staying away from alcohol (26 or 14%), drugs (17 or 9%) and smoking (13 or 7%) by making sure it is not available and taking away those selling it were popular solutions.

Related to bullying and violence, Youth offered 14 ideas (7%) such as anti-bullying or violence workshops for bullies and those being bullied, the promotion of role models, and having someone listen. The desire for a safe community is related, as 12 Youth (6%) mentioned having a safe place to go and someone available to help if in trouble.

In terms of relations, Youth realized the importance of creating community through Youth mentors (8 or 4%) and building strong parents and families (7 or 4%). Increasing community services (4 or 2%, e.g. a community bus), policing (2 or 1%) and infrastructure (4 or 2%) such as a movie theatre and skate board park were also offered as solutions.

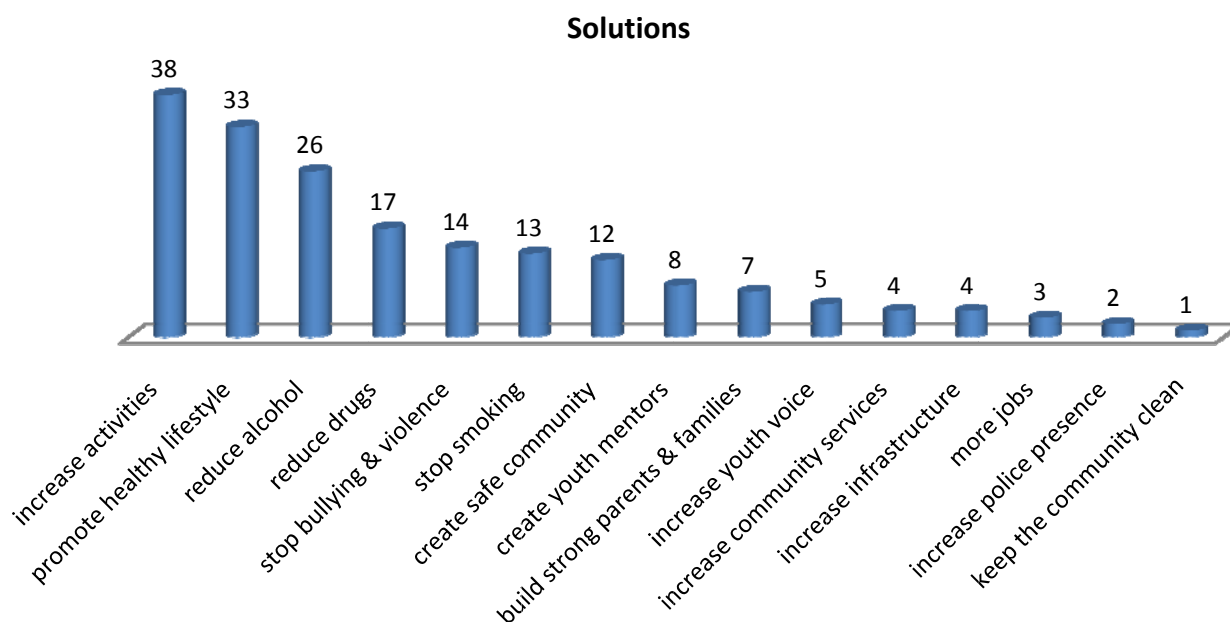


Figure 5: Community solutions

Ranking Ideas & Solutions

Youth from each grade were asked to rank which of the possibilities they identified would have the biggest impact on addressing issues and concerns relating to alcohol and drugs. Youth were given a budget of \$1,500 to spend on the most important priorities. Here is what Youth said were the top 10 actions:

1. More Activities, Games at Rec. Centre, Things to Do (arcade, potluck dinner & video)
2. Go to Rehab / Provide Counselling
3. Youth Safe House
4. Prevention / Awareness Workshops
5. More Volunteers / Role Models to help Youth
6. More Open Houses
7. Stop Runners from Giving Kids Alcohol
8. Youth Summit/ Gathering
9. Youth Council
10. Youth Communications (website, newsletter, helpline)



Section 6: Results of Youth Survey on Alcohol & Drugs

During the Youth Workshop, Youth were asked to respond to nine questions about Watson Lake and the use of drugs and alcohol as a way to expand and validate results (see Appendix F). A total of 88 Youth completed the Youth Workshop Survey.

- 29 from grades 5 to 7
- 16 from grade 8
- 15 from grade 9
- 12 from grade 10
- 16 from grades 11 to 12



Too many
drunkies

Question 1: 50 Youth (57%) responded that they did not think Watson Lake was a fun, active and supportive community, largely because of a lack of things to do, and the presence of drugs and alcohol. It is interesting that the younger respondents mostly thought Watson Lake was fun because of activities, the recreation centre and friends, but by grade 8, their opinion of the community switched to a negative.

Question 2: In terms of safety, the group was divided almost 50:50. The Youth recognized that there was a lot of violence in the community, largely due to drugs and alcohol, but that it was safe because of its size, friends and family, and the positive role of the school.

Questions 3 & 4: When asked if they thought there was an alcohol and drug problem in the community, an overwhelming 94% (83 Youth) said yes, with 52% (46) recognizing it as a serious problem and 16% (14) as critical.

Questions 5 & 6: To take that step further, 89% (78) thought that alcohol and drugs have an impact on violence in the community, 52% (46) of whom said it concerned them somewhat, 27% (24) very, and 9% (8) extremely (the older the Youth, the more concerned they became).



Question 7: The impacts of alcohol and drugs were fairly consistently recognized, with arguments topping the list at 46 (52%), but closely followed by verbal abuse at 39 (44%), family problems at 38 (43%), and bullying at 35 (40%). Physical abuse was noted 22 times (25% of Youth).

Question 8: Luckily, 43% (38) have someone they can talk to about alcohol and drug issues, however, 22% (19) do not. Twenty-nine Youth (33%) said the question did not apply to them.

Question 9: In terms of how Youth think the community could be helped with the alcohol and drug problems, more Youth activities topped the list at 60 (68% of Youth), followed closely by having someone to talk to (58 or 66%), local treatment programs (52 or 59%) and a local treatment centre (50 or 57%). Youth helping other Youth (49 or 43), information / education (45 or 40) and enforcement (45 or 40) were also popular suggestions.

Survey Highlights

1) Is Watson Lake a fun, active, and supportive community for Youth?

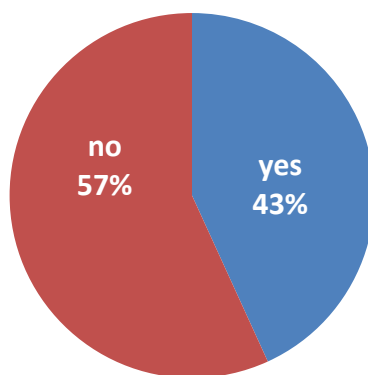


Figure 6: Is Watson Lake fun?

Why or why not?

Grades 5 to 7

- 5 Youth said no because there isn't anything to do
- 24 Youth said yes because there are lots of kids to play with, there are lots of activities and a recreation centre, and because it is a safe and supportive community

Grade 8

- 13 Youth said no because of the lack of activities and volunteers, the drinking and partying, and one person mentioned that the community is lazy
- 3 Youth said yes because of fun sports and activities and the recreation centre

Grade 9

- 14 Youth said no because the town is too small with nothing to do, there is too much drugs and alcohol, people are lazy
- 1 Youth said yes because of all the activities

Grade 10

- 6 Youth said no because of the lack of activities and the drinking and drugs
- 6 Youth said yes because of the after school programs and sports, and lots of trails for biking

Grades 11 and 12

- 12 Youth said no because of activities, especially those that are drug and alcohol free, the lack of interest in Youth in participating, the lack of support by the community in the Youth
- 4 Youth said yes because of the activities available to them, the recreation centre, lots of people to have fun with, and the community is supportive

2) Is Watson Lake a safe community to live, play, work, and go to school?

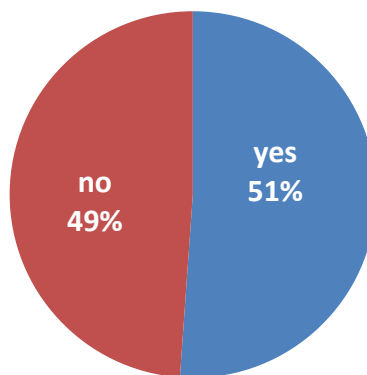


Figure 7: Is Watson Lake safe?

Why or why not?

Grades 5 to 7

- 6 Youth said no because there are dangerous people in the community, there is violence, and there are drugs and alcohol
- 23 Youth said yes because it is a safe, small community with supervisors, the school, people know each other, and you can be out in the community and not get hurt

Grade 8

- 12 Youth said no because there is too much violence, drugs and alcohol, and unemployment
- 4 Youth said yes because of the town's small size, the lack of 'hardcore' violence and of family and friends

Grade 9

- 9 Youth said no because of drugs and alcohol, bullying, and violence
- 6 Youth said yes because of the small number of people in town who know each other, and nothing really happens there

Grade 10

- 5 Youth said no because of drugs and alcohol and there is a lot of violence
- 7 Youth said yes (but did not state why)

Grades 11 and 12

- 11 Youth said no because there is too much violence, drugs and alcohol, a mentality of 'toughness'
- 5 Youth said yes because school is safe, the community is safe and is full of friends and family, albeit a few cautioned that it would be safer if there were less drugs and alcohol



3) Do you feel that there is an alcohol and drug problem in your community?

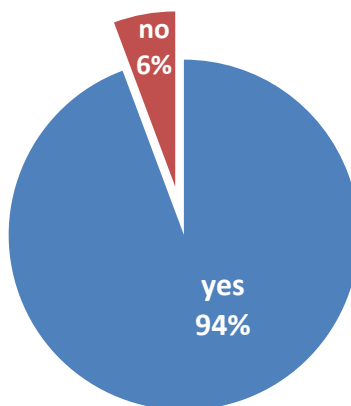


Figure 8: Is there a drug and alcohol problem?

4) If yes, how serious is the alcohol and drug problem in your community?

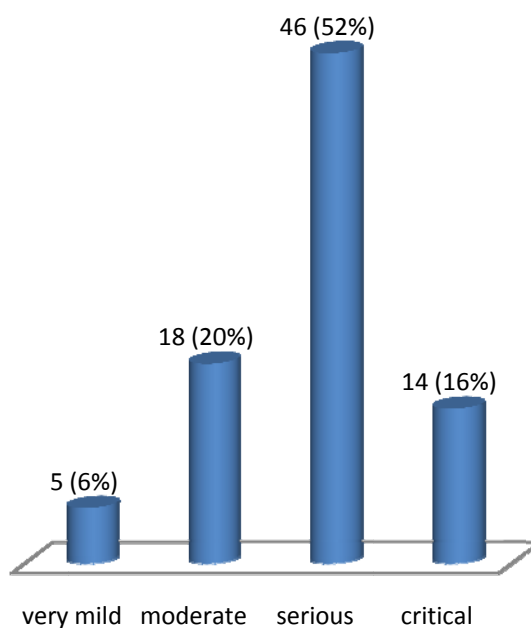


Figure 9: Severity of alcohol and drug problems

5) Do you think alcohol and drugs have an impact on violence in your community?

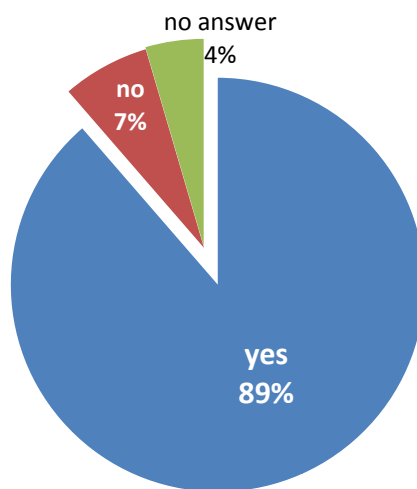


Figure 10: Do drugs and alcohol impact violence?

6) How concerned are you about violence in your community?

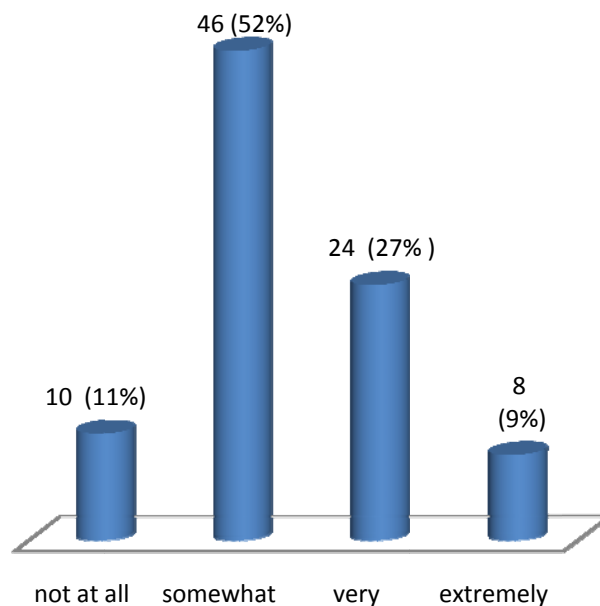


Figure 11: How concerned are you about violence?

7) How are alcohol and drugs impacting you or someone you know?

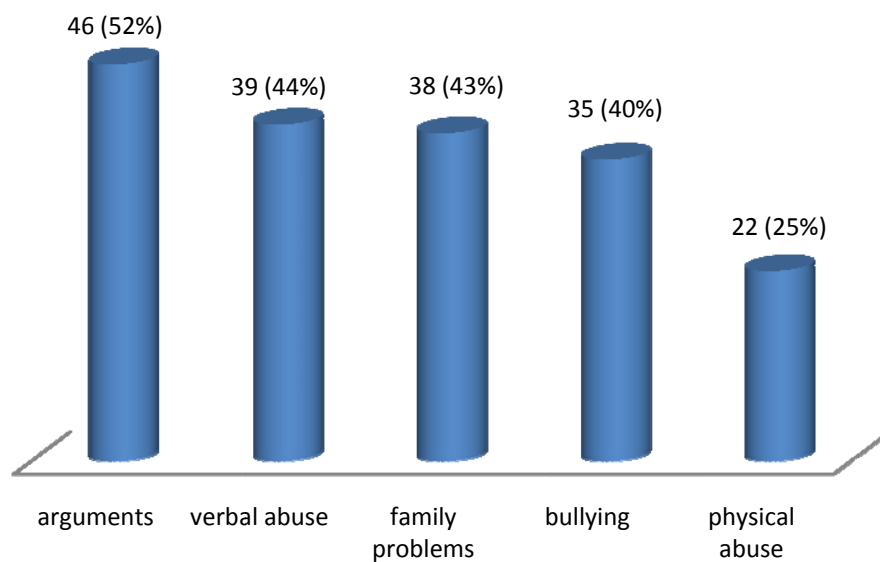


Figure 12: How are alcohol and drugs impacting you or someone you know?

8) If you need to talk about an alcohol and drug problem, is there someone you trust to talk to?

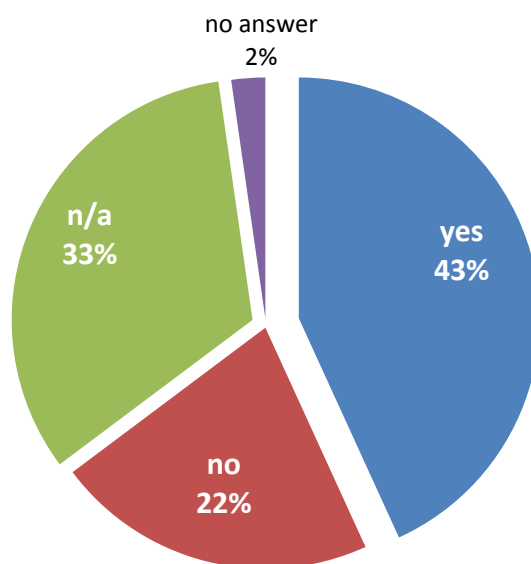


Figure 13: Is there someone you can talk to?

9) What would help people with their alcohol and drug problems?

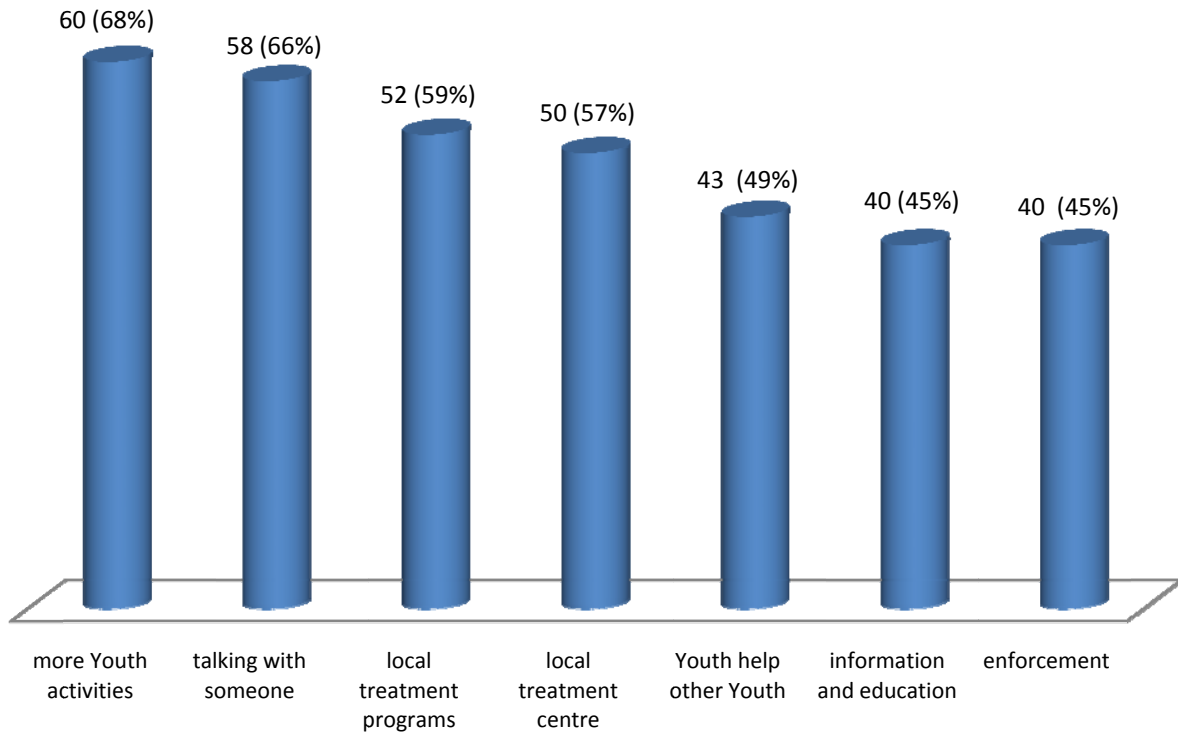
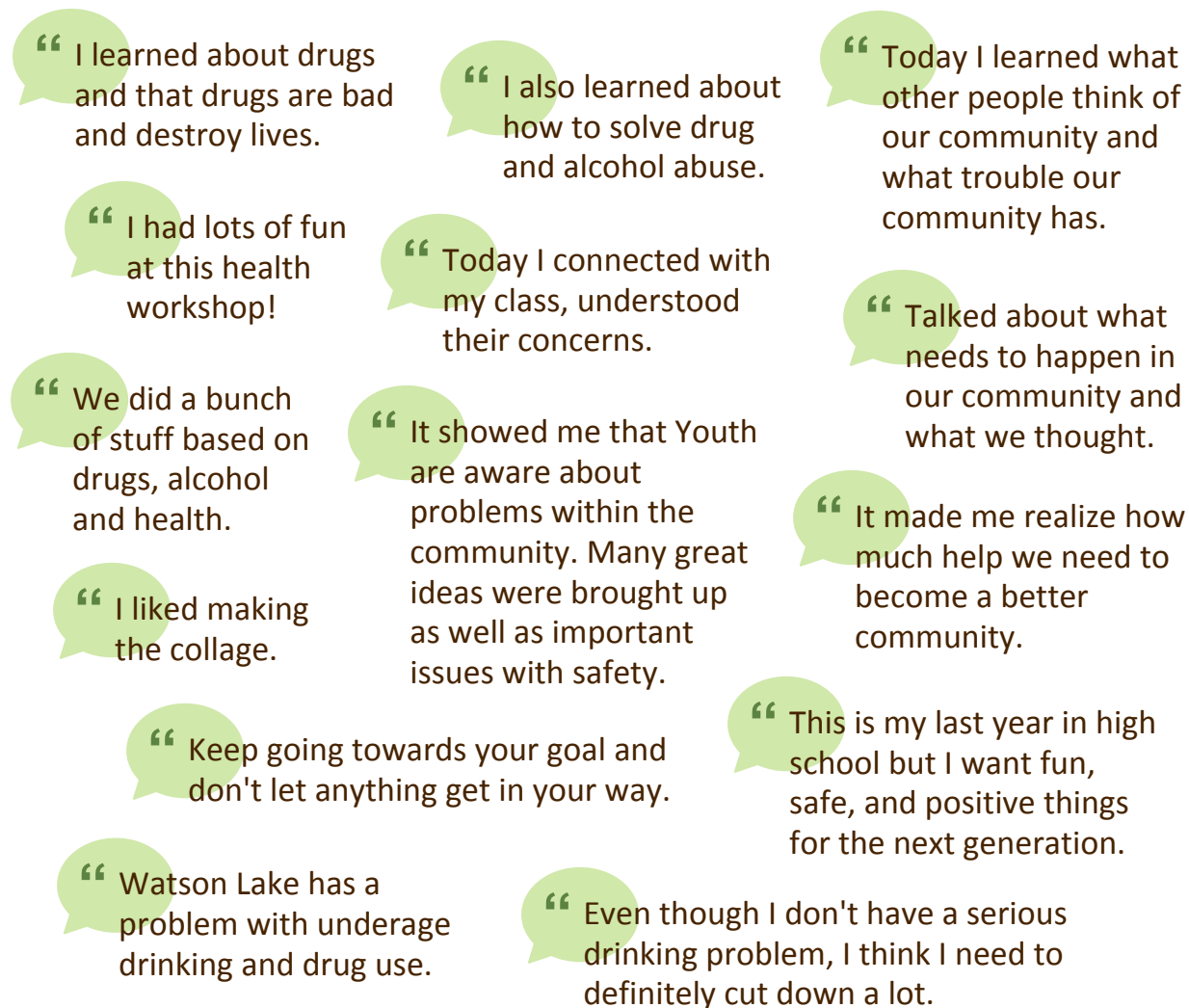


Figure 14: What would help people with their alcohol and drug problems?

Make good choices?

You could die if you drink too much. Take away the liquors. Take all the smokes away. Stop the drug dealers. Keep it away from violent people.

Section 7: Youth Feedback – Postcards



A total of 68 Youth created their own ‘postcards’ to be sent to them post workshop so that they could be reminded of what they liked, learned, and appreciated.

“I had a great time, “thanks”, “it was interesting / fun”, “I learned a lot about healthy living / about drugs and alcohol” were common themes in the postcards. They expressed an interest in participating in more workshops, and seemed to appreciate the time allowed to reflect on their community.



Liard First Nation

Regional Treatment Strategy

Youth are the Future: Say No to Alcohol and Drugs

APPENDIX



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Results of 5 Participatory Youth Workshops, Grades 5-12
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Appendix A: Community Strengths

What do I like about Watson Lake?

Table 1: What I like about Watson Lake by category

RESPONSE	#	% OF TOTAL RESPONSES
winter activities	49	22%
community attractions & facilities	43	19%
family & friends	35	16%
nature	29	13%
summer activities	25	11%
other organized activities	17	8%
weather	9	4%
school	8	4%
nothing	4	2%
Whitehorse	2	1%
Total Youth Responding	74	
Total Responses	221	

Table 2: What I like about Watson Lake by response type

RESPONSE	# OF TIMES	RESPONSE	# OF TIMES
nature	17	Northern Light Centre	2
activities - winter - skiing	17	homes	2
recreation centre	14	activities - summer - soccer	2
friends	14	activities - summer - hunting	2
activities - winter - skidooing	14	activities - outdoors	2
people	12	activities - organized	2
activities	10	activities - girls club	2
nature - lucky lake	9	weather	1
family	9	tourist attractions	1
activities - summer - swimming	9	shopping	1

RESPONSE	# OF TIMES
school	8
community	8
activities - winter - snowboarding	8
weather - winter	6
sign post forest	5
nothing	4
activities - winter - hockey	4
safe	3
Petro Canada	3
activities - summer - skate boarding	3
activities - summer - hiking	3
activities - summer - fishing	3
winter weather	2
Whitehorse	2
stores	2

RESPONSE	# OF TIMES
nature - trails	1
nature - lakes	1
Hougens	1
history	1
animals	1
activities - winter - trapping	1
activities - winter - sledding	1
activities - winter - skating	1
activities - winter - quading	1
activities - winter - dog sledding	1
activities - winter - ATV'ing	1
activities - summer - running	1
activities - summer - games	1
activities - summer - dirt biking	1
activities - art	1

Appendix B: Describe a Healthy Community

Table 3: Summary of a Healthy Community

RESPONSE	#	% OF TOTAL RESPONSES
drug free community	55	18%
no alcohol or drinking	45	15%
lots of Youth activities	41	14%
healthy & clean environment	26	9%
being active, eating well	20	7%
no violence or fighting	20	7%
good people who respect others	18	6%
no smoking	17	6%
people working together	14	5%
more jobs & money	14	5%
increased community services	14	5%
increased police presence	7	2%
less money issues	3	1%
healthy parents & families	3	1%
feeling safe	2	<1%)
Total Responses	299	

Table 4: A healthy community by category

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF TIMES MENTIONED)
drug free community (55 or 18%)	no drugs (48)
	no drug dealers (3)
	no crack (3)
	no weed
no alcohol or drinking (45 or 15%)	no alcohol (22)
	no drinking (10)
	no liquor store (6)
	bring up the price on alcohol
	no bars
	no drinking and driving
	no more than 1 beer at the bar
	no under age drinking
	parents not drinking
	responsible drinking
lots of Youth activities (41 or 14%)	more sports (13)
	more activities (11)
	everybody has things to do (4)
	better ski hill (2)
	better skateboard park (2)
	be active
	family activities
	Hobby
	more dances
	more skiing
	rec plex open 24/7
	Socializing
	support people with fun and games
	way better school activities
healthy & clean environment (26 or 9%)	keep the community clean (8)
	pick up garbage (2)
	recycle (2)
	a healthy community is a clean environment

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF TIMES MENTIONED)
	clean the garbage out of the ditches Environment environmentally aware healthy environment keep clean the dump keep the land clean less garbage on the ground more dogs and cats no littering not as much garbage laying around safe and clean streets tidy, green community wildlife
being active, eating well (20 or 7%)	be active (9) be healthy (3) eat healthy food (3) be less careless go to the rec centre having more healthy varieties of food in the stores ride your bike stop using trucks, use bikes
no violence or fighting (20 or 7%)	no violence (9) no fighting (6) no more bullying (2) no family violence (2) less fights
good people who respect others (18 or 6%)	good people (3) people (3) nice people (2) Elders (2) respect others (2) teachers (2) recreation teachers

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF TIMES MENTIONED)
	cooperative
	Councillors
	live love laugh
no smoking (17 or 6%)	no smoking (14)
	no smokes
	no smoking around kids
	no smoking town
people working together (14 or 5%)	communication (4)
	participation (e.g. helping grads)
	people working together
	active citizens
	support from the community
	treat others how you want to be treated
	volunteers
	connecting with community
	friendship
	talking to people
	willing to participate
more jobs & money (14 or 5%)	more jobs (10)
	more jobs so we will have money
	working
	working, making a living
	younger age to get a job
increased community services (14 or 5%)	better schools (3)
	a bigger hospital (2)
	more stores (2)
	a movie theatre that's not crap
	good education
	having more clinics and hospitals
	health nurses
	more places to be
	treatment centre
	way better roads

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF TIMES MENTIONED)
increased police presence (7 or 2%)	more cops (4)
	more disguised police cars
	more police stations
	RCMP
less money issues (3 or 1%)	cheaper groceries (2)
	cheaper stuff
healthy parents & families (3 or 1%)	parents & families
	parents not drinking
	responsible parents
feeling safe (2 or <1%)	safety in the community (2)

Appendix C: Vision Maps

Table 5: Summary of vision maps

RESPONSE	#	% OF TOTAL RESPONSES
maintain healthy & active lifestyles	57	13%
increase recreation activities	51	12%
help mother nature	48	11%
eat healthy – food	43	10%
support & belonging	40	9%
peace, faith, love & hope	38	9%
drug free community	34	8%
be happy & true to yourself	33	8%
be cool, stay in school	28	7%
no more alcohol	18	4%
no more smoking	13	3%
more jobs	8	2%
happy & friendly families	7	2%
expand community services	5	1%
Total Youth Collages	72	
Total Responses	423	

Table 6: Vision mapping by category

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
maintain healthy & active lifestyles (57 or 13%)	active (4)
	be active (3)
	stay active (2)
	life (2)
	healthy choices
	healthy living is the way to go

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	its about time to stay healthy
	never hide from your mistakes
	one person can make
	share
	take care and respect your wildlife
	take it all
	the more they sleep the smarter they get
	10K run and 5K walk
	a day in the life
	active living = Good education
	being fit never goes out of style
	drop and give me 20
	eco fit
	get active
	girl power
	give it a whirl
	good fun
	jumping is healthy because it keeps you fit
	lift 80 pounds
	live all year
	live life
	live your life more better
	living
	make a difference
	never stop moving
	stay fit
	be healthy
	being healthy means having a healthy heart, meaning live longer
	better for you
	body people
	health
	healthy
	healthy is fun

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	stay healthy heart it kills keep a healthy heart life is random life saver warning, this product may cause mouth cancer heal thyself healing used, not abused My vision for Watson Lake, Yukon: People will be more active and be positive about their life. They'll be able to look past Watson and succeed in education. The people will look for positive influence and not run to alcohol and drugs. And every goal that they have will be accomplished. Things would be good if people could balance their emotional, mental, and spiritual values.
increase recreation activities (51 or 12%)	sports (6) hockey (3) hunting (3) baseball (2) fishing (2) play sports things can do for fun - games, sports, outdoor sports, hockey activities make more activities more activities more fun things to do 1-87-sturgeon, over 15 years of providing unforgettable fishing adventures salmon, sturgeon, steelhead go outdoors how I swim and fish outdoor adventure

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	more sports
	more sports
	travel the globe, be active
	Tv
	watch movies
	basketball
	pro basketball
	listen to music
	ride, ride, ride
	stoked on spokes
	run like the wind
	running is really healthy
	ski hill
	skiing
	pool rules
	swim descriptions
	boxing club
	football
	snow boarding is the best
	books
	walking in the wind
	start with the washing up
	do more exercising and less laziness
	Xbox
help mother nature (48 or 11%)	go green (2)
	green (2)
	loving summer (2)
	care about the earth like nature
	care enough to stop drugs and littering
	clean
	clean up
	clean water
	create a perfect world

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	destinations
	energy from nature's finest ingredients
	environment
	environmentology
	great design
	green is good
	greener
	greenwash
	help Mother Nature
	I love the planet
	I love the world better than drinking people
	I'm right where I belong, home, Watson Lake
	inside the homes
	japanese garden
	keep our community clean
	lean and green think about the environment
	love the lake
	national
	no war
	our Earth is not something to leave dirty and treat it like nothing
	pick up more trash and throw it away
	plant flowers and trees
	protect our future
	sign post forest
	start going green
	stop destroying nature
	tags
	the cold days to the warm Caribbean
	the solution is peace
	the world is your life
	think about the environment
	to the world
	Watson Lake

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	White horse
	Yukon
eat healthy – food (43 or 10%)	eat healthy (3)
	healthy foods (3)
	a good diet (2)
	vitamin water (2)
	food (2)
	a good diet
	a rubbish diet?
	all you need is cheese
	be nutritious
	bolt with a twist
	breakfast
	cheese is good for you
	coke
	dear taste buds, We've been thinking of you.
	diet, lamb, rice
	eat fresh
	eat moose, 5000 wolves can't be wrong
	eat right
	eat smart
	eat, drink and be healthy
	eat, look, live
	eating well, living well
	everyone knows green tea is better than drugs and alcohol
	fruits
	get more than half of your daily vegetables
	healthy food is a healthy community
	healthy food is a healthy country
	healthy foods: meat, dairy, grain, fruits and vegetables
	I love cheese
	in you drink milk you will get strong bones
	it helps to use less salt

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	nutrigrain fruit and nut bar
	organic food
	salad is good and it's healthy
	vegan
	you need your greens
support & belonging (40 or 9%)	respect (4)
	community (2)
	take a stand (2)
	care about people
	agents of change
	compassionate charities
	live for today, plan for tomorrow
	feel connected
	finding friends
	friends
	friendship
	helping people
	hero
	it's time for youth
	join the community
	keep our community happy and healthy
	keep your culture alive
	relationships
	respect yourself and others
	stand up to bullies, cause who will?
	stick together
	support is a beautiful thing
	team building
	we need hope
	willing to teach and listen
	change
	healthy community
	getting where we need to go

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	speak up
	what are they thinking
	who wants more respect
	A functional community is one that is willing to teach what they've learned, listen to what is being discussed, and actively cooperate to find solutions for problems.
	Kids today have thousands of opportunities to do the wrong thing. But you can help them build up their inner strength so instead they'll choose to do what's right
	My vision for Watson Lake is that everyone will be supportive and stay positive. We shall have more activities and less drugs and alcohol. I think the people will live a long healthy life.
	Youth are the future. The environment a child is raised in makes them who they are! And who they will be in the future. If they believe there is no hope, they will feel helpless. Bonds, relationships between teacher and a student or coach and a student or a councillor and a student might inspire them to stay drug and alcohol free, and to get a good education, to move out of this town. I believe the youth don't know that there is more out there. More opportunities, more people, and possibly a better life out of Watson Lake.
peace, faith, love & hope (38 or 9%)	love (3)
	peace (3)
	hope (2)
	a place called hope
	creativity
	fearlessly
	feel alive
	it's time for hope
	keeping it real
	love and peace not war
	make peace to the world
	never give in
	never give up

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	peace and love peace plus love = happy people put your mind to it real simple, life made easier reality resist temptation self portrait stay positive success the power of hope think about all the good stuff in your life tranquility do you like God? don't stop believing faith in the future have hope and faith I believe... I love God if you can imagine it, we can get you there what gives you hope
drug free community (34 or 8%)	no drugs (5) be drug free born to not do drugs Crack don't do drugs don't drink and do drugs don't smoke the green don't smoke weed dream big you can do it without drugs drug and alcohol free drug free have a drug free community I don't do drugs

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	I smoke too much crack it's over for drugs kick the addiction no drug use no drugs and alcohol no drugs have hugs no ecstasy no smoking drugs no toking say no to drugs stop doing drugs and alcohol and start going green stop drugs stop drugs and other things that can harm the Earth stop the drug addiction weed don't do pills weed is bad
be happy & true to yourself (33 or 8%)	fun (2) gift (2) against negativity be awesome be radiant excuses flowers Let your light shine. Shine within you so that it can shine on someone else. Let your light shine. be happy happier happiness happiness is a warm postcard happy happy trails happy, healthy you introducing the feel-good hit of the year

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	joy a smile is a the perfect cure never stop smiling smile smile file you should always smile be true be you be who you are not someone else be yourself beautiful beautiful under the harshest conditions fun activities that keep you connected the perfect gift be the life of the party bound together by love, friendship
be cool, stay in school (28 or 7%)	be cool stay in school (3) schools (3) be cool go 2 school be cool, stay in school, don't be a fool be smart stay safe brilliant do stuff educational for the joy of learning fresh intelligence good grades have a life as a doctor, teacher, lawyer have some wisdom I love going to school imagine if everyone read the ecologist magazine learn let education help you little school read more

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	schools are where communities take root stay in school teach kids about animation teach people about modern technology technology too cool for school? Well that's dumb.
no more alcohol (18 or 4%)	don't drink (4) no drinking (3) don't drink and do drugs drug and alcohol free girls being drunk no alcohol no booze no drugs and alcohol no more smoking or drinking stop alcohol stop drinking and sitting around stop the drinking what's your wine IQ?
no more smoking (13 or 3%)	no smoking (9) don't smoke (2) stop smoking (2)
more jobs (8 or 2%)	job (2) get a summer job more jobs opportunities available increase your liquid assets money work
happy & friendly families (7 or 2%)	family (2) family friendly happy family make peace for family and people

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSE (# OF TIMES MENTIONED)
	our families mean everything
	the parent's school directory
expand community services (5 or 1%)	drag strip aka airport
	help troubled communities
	post office
	2 mile
	band office

Vision Map Summary by Grade

Grades 5 - 7: 28 maps

Grade 8: 12 maps

Grade 9: 12 maps

Grade 10: 9 maps

Grades 11 - 12: 16 maps

(for each map, each new idea is separated by a comma and begins with a capital letter)



Grades 5 to 7

1. Eat right, Plant flowers and trees, Beautiful, Healthy foods: meat, dairy, grain, fruits and vegetables, Flowers
2. A day in the life, Family friendly, Get more than half of your daily vegetable, Love, Change, Colgate, Happy family, Books, Lift 80 pounds, Schools are where communities take root
3. Vitamin water, Salmon, sturgeon, steelhead, 1-87-sturgeon, over 15 years of providing unforgettable fishing adventures
4. Life saver, Healthy community, Life, Project, My project is about nothing, National
5. Stay active, Healthy, Being healthy means having a healthy heart, meaning live longer, Reality, Heart, Create a perfect world, Stop destroying nature, Food, Fruits, Stop drinking and sitting around, and do stuff educational and active, Read more, Imagine if everyone read the ecologist magazine, Have a life as a doctor, teacher, lawyer
6. Nutrigrain fruit and nut bar, Energy from nature's finest ingredients, Vitamin water, Diet, lamb, rice
7. Jumping is healthy because it keeps you fit, Cheese is good for you, No drugs, Keep our community clean, If you drink milk you will get strong bones, No smoking, Running is really healthy, Healthy is fun, Salad is good and it's healthy
8. Walking in the wind, You should always smile, Smile file, Never stop smiling, Our Earth is not something to leave dirty and treat it like nothing, 2 new lives, twins are rare, Keep our community happy and healthy, I love cheese, You need your greens, Run like the wind, All you need is cheese, Stop drugs and other things that can harm the Earth
9. Japanese garden, Great design, Better for you, I love the world better than drinking people

10. Heal thyself, Gift, One person can make, Excuses, The power of hope, The perfect gift, Watson Lake
11. Give it a whirl, Brilliant, Life, Eating well, living well
12. Love the lake, Happy trails, Don't drink and do drugs, Lying, cheating, going deep into debt. What parents are doing to get their kids into the right school?, What's your wine IQ?, Inside the homes, Opportunities available, Self portrait, Beautiful under the harshest conditions, The parent's school directory, Respect yourself and others, Parents also do wrong, Make a difference
13. Put your mind to it, Everyone knows green tea is better than drugs and alcohol, Take care and respect your wildlife
14. Helping people, How I swim and fish, Swim descriptions, Pool rules
15. Food, I believe..., Dear taste buds, We've been thinking of you, Eat healthy, Healthy food is a healthy community, Breakfast
16. Happy, healthy you, Eat healthy, It helps to use less salt
17. Healthy food is a healthy country
18. For the joy of learning, Live all year, Eat fresh, Yukon
19. Active living = Good education
20. I love God, Do you like God?, Yes, I love the planet
21. Be radiant, Living, No smoking
22. Used, not abused, No drinking, Stop the drinking, Stop smoking
23. Stop smoking, Stop drugs, No more smoking, Clean up, Make peace for family and people, Peace, Be healthy, Help Mother Nature, Make peace to the world, Care about people, Peace, 10K run and 5K walk, Stoked on spokes, Body people, Work, Gift, Be who you are not someone else
24. Pick up more trash and throw it away, To the world, A place called hope, Let education help you, Care about the earth like nature, Stop doing drugs and alcohol and start going green, The world is your life, Do more exercising and less laziness, Think about the environment, Team building, Care enough to stop drugs and littering
25. Eat, look, live
26. Get active, Outdoor adventure, Healthy foods, Peace, Stay fit, Go outdoors, Clean water, Eco fit, Go green, Increase your liquid assets, Hope, Love, Joy, Lean and green think about the environment
27. Love, Happy, Schools, Never stop moving, Drop and give me 20

Grade 8

1. I don't do drugs, I smoke too much crack, Take it all, Weed is bad, Don't smoke the green, Don't drink
2. Have some wisdom, No drugs have hugs, It's over for drugs, Be kool stay in school
3. Don't drink
4. Respect, Stay in school, Active, Healthy foods

5. White horse, Tags, Band office, 2 mile, School, H, Sign post forest, Little school, Post office, Super A, BS
6. Peace and love, Be cool, stay in school, don't be a fool, Keep a healthy heart, We need hope, Activities, No alcohol, No smoking, Stand up to bullies, cause who will?, Kick the addiction ,Say no to drugs, Be yourself, Be drug free, Don't smoke, Be true be you, Respect
7. Be cool stay in school, Hero, More activities, Love and peace not war, Finding friends, No more smoking or drinking
8. No smoking, No drinking, It kills, No drug use
9. No drinking
10. Peace plus love = happy people, Too cool for school? Well that's dumb, Stick together, Take a stand, No toking, No smoking, No smoking drugs
11. Fearlessly, Be cool go 2 school, Be smart stay safe, Take a stand
12. Don't smoke, Don't drink, Don't smoke weed, Don't do pills, Don't do drugs

Grade 9

1. No drugs and alcohol, Respect, Be active, More jobs, More fun things to do, Be cool stay in school, Who wants more respect, Play sports
2. More sports
3. Sports, School, Be the life of the party, Don't drink, Born to not do drugs, Dream big you can do it without drugs
4. Teach people about modern technology, Stay active, Job, Technology, Teach kids about animation
5. Skiing, Hockey, Football, No smoking, Baseball
6. Respect, No drugs, Snow boarding is the best
7. Be active, No smoking, More sports, Eat healthy, No drugs
8. Hockey, Be awesome, Baseball, Keep your culture alive, Girl power
9. Good grades, Healthy food
10. Sports, Share, Smile, Keeping it real
11. Healthy choices, I love going to school, Traveling
12. No booze, Hunting, Stay healthy, Relationships, Crack, Sports, No ecstasy, Weed, No drugs, Coke

Grade 10

1. Eat moose, 5000 wolves can't be wrong, Jobs, Ski hill, Summit 800, Hunt, Sports, Drug and alcohol free
2. Drag strip aka airport, Fishing
3. Mmmm chicken, Fishing, Xbox, Hunting, Sports
4. Tv, Urban daddy
5. Greener, Feel alive, Community, Greenwash, Friendship, Go green, Be active, Be nutritious, Sports, Start with the washing up, Active, Protect our future, Drug and alcohol free, Be happy, Let your light shine. Shine within you so that it can shine on someone else. Let your light shine.
6. Hockey, Basketball, Boxing club, Girls being drunk
7. Clean, Damm, Money
8. Destinations
9. The cold days to the warm Caribbean

Grade 11-12

1. Getting where we need to go, A rubbish diet?, No war
2. Never give up, Never give in, Life is random, Maria the moose met sally the salmon, Kids today have thousands of opportunities to do the wrong thing. But you can help them build up their inner strength so instead they'll choose to do what's right, What are they thinking?, Warning, this product may cause mouth cancer
3. Join the community, Willing to teach and listen, Community, A functional community is one that is willing to teach what they've learned, listen to what is being discussed, and actively cooperate to find solutions for problems.
4. Agents of change, Bound together by love, friendship, If you can imagine it, we can get you there, Introducing the feel-good hit of the year, Environmentology, Real simple, life made easier, Youth are the future. The environment a child is raised in makes them who they are! And who they will be in the future. If they believe there is no hope, they will feel helpless. Bonds, relationships between teacher and a student or coach and a student or a councillor and a student might inspire them to stay drug and alcohol free, and to get a good education, to move out of this town. I believe the youth don't know that there is more out there. More opportunities, more people, and possibly a better life out of Watson Lake.
5. Happiness, Learn, Tranquility
6. The solution is peace, Fun, Family
7. Friends, Family, Green, Environment, Good fun, Fun activities that keep you connected

8. Faith in the future, It's time for youth, Active, Hope, Health, Fun, Fresh intelligence, Healing, Success, It's about time to stay healthy, Creativity, Compassionate charities, It's time for hope, What gives you hope, Happier
9. Drug free, Green is good, Loving summer, A good diet, Happiness is a warm postcard, A smile is a the perfect cure, Don't stop believing, Have hope and faith, Live life, Think about all the good stuff in your life, A good diet, Loving summer, Being fit never goes out of style
10. Bolt with a twist, Ride, ride, ride
11. Stay positive, Pro basketball, No drugs and alcohol
12. I'm right where I belong, home, Watson Lake, Listen to music, Healthy living is the way to go, My vision for Watson Lake is that everyone will be supportive and stay positive. We shall have more activities and less drugs and alcohol. I think the people will live a long healthy life., Watch movies, Speak up, The more they sleep the smarter they get, Our families mean everything
13. Music, Never hide from your mistakes, There is never a good explanation for why a hooker is on your coach
14. Vegan, Organic food, Eat, drink and be healthy, Green
15. Things can do for fun - games, sports, outdoor sports, hockey, Get a summer job, Stop the drug addiction, Stop alcohol, Live your life more better, Have a drug free community, Make more activities, Help troubled communities, My vision to a healthy community – stop week
16. Resist temptation, Travel the globe, be active, Against negativity, Feel connected, Eat smart, Support is a beautiful thing, Live for today, plan for tomorrow, My vision for Watson Lake, Yukon: People will be more active and be positive about their life. They'll be able to look past Watson and succeed in education. The people will look for positive influence and not run to alcohol and drugs. And every goal that they have will be accomplished. Things would be good if people could balance their emotional, mental, and spiritual values.

Appendix D: Alcohol & Drugs – Issues & Concerns

Table 7: Summary of alcohol & drugs issues & concerns

RESPONSE	#	% OF TOTAL RESPONSES
too much drugs	72	22%
too much alcohol	71	21%
unhealthy habits	63	19%
stop the violence	40	12%
lack of activities	21	6%
poor parenting & families	19	6%
community relations	15	5%
unsafe community	13	4%
money issues	6	2%
drunk driving	3	1%
police presence	3	1%
peer pressure	3	1%
community services	3	1%
community environment	1	-1%
Total Responses	333	

Table 8: Community issues by category

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
too much drugs (72 or 22%)	too much drugs (16)
	no more drugs (15)
	stop the drug dealers (6)
	no more crack (3)
	too much crack (3)
	adults are selling drugs to teenagers (3)
	too many kids ruining their lives with drugs (3)

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	kids coming to school stoned (2) people that do drugs are the ones that are hurting the world (2) too much weed (2) adults are growing drugs adults are selling to young adults drugs and adults are growing them too many people try to sell drugs or smokes to little children burn money on drugs can't learn when stoned damaging our future with drugs doing drugs because some of their friends do all that, do not copy your friends don't sell yourself for money, drugs and alcohol help other people on drugs little help for drug users mental, physical addiction no more weed overdoses people getting hurt from drugs too many people getting killed from doing drugs too many people smoking weed too much cocaine stop doing pills too much deaths from drugs
too much alcohol (71 or 21%)	too many teens drinking (11) too much drinking (11) no more drinking (10) too many people bootlegging (4) close the liquor store (4) too many drunk people (4) no control over liquor consumption (2) alcohol poisoning (2)

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	too many parties and drinking (2) alcohol abuse booz breaks relationships booz brings violence booze makes you lose your virginity can't learn when drunk damaging our future with drugs and alcohol don't sell yourself for money, drugs and alcohol drinking and driving is killing people drinking hurts you and others around you drop the beer can kids see you drinking lose money on alcohol no help or support for an alcohol free environment people are drinking around kids people getting drunk every Friday raise the drinking age too many brain cells are being lost too many kids ruining their lives with drugs and alcohol residential school people are mean when they are drunk very easy for youth to get liquor
unhealthy habits (63 or 19%)	too many smokers (18) stop smoking (7) teen pregnancies (3) stay active (2) swearing (2) it can hurt you booze makes you lose your virginity can become dumb carelessness do bad in school

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	doesn't make you cool drop the drugs and pick up a healthy drink eat vegetables emotional problems enjoy your life girls disrespecting their bodies have fun and live a good life health issues impairs judgement kids not thinking kids ruining their life smoking weed kills the brain mental, physical, addiction, not enough extra curricular activities people don't care or respect themselves and others, they get in too much trouble and not enough education, stay active and get into shape start eating healthy stop eating junk food stress the need to kick a bad habit too many kids wasting their lives you can not be smart and get dumb crush the cigarette don't ruin your life like some people already have by smoking drop the cigarette and pick up a very healthy drink stop buying cigarettes too many kids smoking cigarettes too many people try to sell smokes to little children
stop the violence (40 or 12%)	too much bullies (7) no more violence (6) too much abuse (6) too much violence (7)

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	rape (2)
	abuse (2)
	people fighting (2)
	beat'em up and bully'em back
	gang rape
	mean people when they are drunk
	Multiple gangings
	spouse abuse, kids see their parents hitting or abusing each other
	too much threatening
	Tragedy
	vandalism
lack of activities (21 or 6%)	not enough to do (8)
	more sports (3)
	more activities (2)
	not enough activities such as swimming all year round (2)
	too many people getting killed from drinking and driving
	not enough people volunteering to organize sports
	too much homework
	bored
	no workshops for youth
	not enough mentor programs for youth
poor parenting & families (19 or 6%)	un loving parents
	alcoholic parents
	FAS babies
	parents are alcoholics
	parents, too many don't care, they drink
	too many parents come home drunk and yell at each other or their children
	parents, too many don't care, they drink and do drugs
	destroys families
	family problems

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	house hold issues no healthy parents no one to teach them otherwise, no real role model to look up to parents need to get onboard, stay informed about their kids, parents need to be involved parents raised them to believe what they are doing is OK parents teach their kids too many parents don't care, they drink and do drugs too much abuse, family problems lying, cheating, going deep into debt. What parents are doing to get their kids into the right school? parents also do wrong
community relations (15 or 5%)	too much teachers (3) non healthy role models (2) be the victim's back up everyone knows everyone hard to keep things to yourself no respect people don't care or respect themselves and others, they get in too much trouble and not enough education, stay active and get into shape too much gossip can't we all get along speak out tell someone too much discipline
unsafe community (13 or 4%)	no safe place for youth to go (5) nowhere to go for help (3) stop robbers (2) being able to get somewhere safer community too much mean people

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
money issues (6 or 2%)	lose money on drugs (2)
	lose money on alcohol
	don't sell yourself for money, drugs and alcohol
	parents spend money on stupid things, not their kids
	use your money for something useful like to help someone in need
drunk driving (3 or 1%)	stop drinking and driving and drugs (3)
police presence (3 or 1%)	more police stations
	not enough cops
	not enough under cover cops
peer pressure (3 or 1%)	kids trying to act older than they are
	not too many supportive friends
	too much peer pressure
community services (3 or 1%)	lack of transportation
	town too small
	people going around town with no house, no food
community environment (1 or-1%)	too much pollution

Appendix E: Alcohol & Drugs – Ideas and Solutions

Table 9: Summary of alcohol & drugs ideas & solutions

RESPONSE	#	% OF TOTAL RESPONSES
increase activities	38	20%
promote healthy lifestyle	33	18%
reduce alcohol	26	14%
reduce drugs	17	9%
stop bullying & violence	14	7%
stop smoking	13	7%
create safe community	12	6%
create Youth mentors	8	4%
build strong parents & families	7	4%
increase Youth voice	5	3%
increase community services	4	2%
increase infrastructure	4	2%
more jobs	3	2%
increase police presence	2	1%
keep the community clean	1	1%
Total Responses	187	

Table 10: Community solutions by category

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
increase activities (38 or 20%)	more activities (5)
	more sports (3)
	youth videos (2)
	arcade (2)
	read a book (2)
	youth gathering (2)

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	youth workshops (2) activities that people actually want to do bigger pools, keep kids busy clean your room construction dances, classes, drama film or video project get more games at the rec centre go shopping guest speakers in the school hunting, fishing kids mentoring other kids, the buddy program more ski doos music get commitment to activities physical activity play guitar potlatch dinners for youth skateboarding write a story write some raps
promote healthy lifestyle (33 or 18%)	therapy, counselling (5) speak up speak out (3) go to rehab (2) let it be (2) youth help line (2) healthier community (2) drug and health workshop get healthy go to school and not to drop out have someone to talk about your problems with make good choices

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	prevention workshops put more programs around town in order to allow people to stay active set boundaries treatment centre for youth counselling, talking builds trust stand up talk it over more volunteers community awareness positive role models help the needful treat the Elders with respect and not to show rudeness to others
reduce alcohol (26 or 14%)	take the liquor store away (7) no more drinking (4) put drunk people in jail (4) be responsible drinkers check all cars for liquor expose the runners names get rid of liquor by getting more police officers stay away from alcohol stay away from drunks stop runners from giving kids alcohol stop selling alcohol tell on boot leggers tell your family about it, get the people together and tell them how bad it is, make it seem good to them to quit, if we don't make them quit soon, they will destroy the planet we can put posters up for not to do alcohol
reduce drugs (17 or 9%)	stop selling drugs (4) don't do drugs (2) no more drugs (2) put drug dealers in jail (2)

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	do not allow drugs in the Yukon finding dealer and removing them get rid of drugs by getting more police officers put tracing devices on drugs shut down the drug dealers don't give people pills we can put posters up for not to do drugs
stop bullying & violence (14 7%)	anti bullying workshops bullying keep away from violent people smack em back, fight back, eg. finding dealer and removing them stand up for bullying stop abusing people talk to bullies tell bully to leave violence workshops don't give them audience listen to youth mixing younger and older youth together promote youth role models, e.g. invite youth show examples for youngsters
stop smoking (13 or 7%)	stop smoking (5) stop selling cigarettes (5) no more cigarettes (2) make the patch to quit smoking, at 0 price, that way people can be free to quit smoking instead of having to pay
create safe community (12 or 6%)	a safe place to go for kids who don't have a safe place to go (3) a place where no one drinks, fights arrest them church, safe place facility, a house that is open all the time kids need a safe place to go when things are bad at home, parents

CATEGORY (# OF RESPONSES + % OF TOTAL RESPONSES)	RESPONSES (# OF RESPONSES)
	abusing drugs, alcohol
	more open houses
	take notes
	tell someone
	walk away
create Youth mentors (8 or 4%)	new friends (2)
	choose friends wisely
build strong parents & families (7 or 4%)	parenting workshops (2)
	better parenting
	get families together
	get parents involved
	practice parenting
	prepare for parenting
increase Youth voice (5 or 3%)	youth newsletter
	youth newspaper
	youth politics, youth council
	youth summit
	youth website
increase community services (4 or 2%)	buy your own (2)
	buy local goods, store
	community bus, transport
increase infrastructure (4 or 2%)	go kart track
	indoor swimming pool
	movie theatre
	skate park indoors
more jobs (3 or 2%)	money to buy stuff
	getting better jobs
	youth jobs
increase police presence (2 or 1%)	always have a cop on duty everywhere
	police
keep the community clean (1 or 1%)	keep the community clean

Appendix F: Results of Youth Survey on Alcohol & Drugs

A total of 88 respondents filled in the survey:

- 29 from grades 5 to 7
- 16 from grade 8
- 15 from grade 9
- 12 from grade 10
- 16 from grades 11 to 12

1) Is Watson Lake a fun, active, and supportive community for Youth?

Table 11: Is Watson Lake fun?

RESPONSE	#	%
yes	38	43%
no	50	57%

2) Is Watson Lake a safe community to live, play, work, and go to school?

Table 12: Is Watson Lake safe?

RESPONSE	#	%
yes	45	51%
no	43	49%

3) Do you feel that there is an alcohol and drug problem in your community?

Table 13: Is there a drug problem in the community?

RESPONSE	#		%
yes	83		94%
no	5	2 grade 5-7 & 3 grade 10	6%

4) If yes, how serious is the alcohol and drug problem in your community?

Table 14: Level of seriousness of alcohol and drugs

RESPONSE	#	%
1= very mild/rare	5	6%
2=moderate	18	20%
3=serious	46	52%
4=critical	14	16%
n/a	2	2%
no answer	3	3%

Table 15: Level of seriousness of alcohol and drugs by grade

BY GRADE	5-7	8	9	10	11-12
1= very mild/rare	4			1	
2=moderate	6	4	5	2	1
3=serious	14	9	5	10	13
4=critical	3	4	4	2	12

5) Do you think alcohol and drugs have an impact on violence in your community?

Table 16: Do drugs and alcohol impact violence?

RESPONSE	#		%
yes	78		89%
no	6	1 grade 11-12, 3 grade 5-7, 1 grade 9, 1 grade 10	7%
no answer	4		4%

6) How concerned are you about violence in your community?

Table 17: Level of concern about violence

RESPONSE	#	%
1=not at all	10	11%
2=somewhat	46	52%
3=very	24	27%
4=extremely	8	9%

Table 18: Level of concern about violence by grade

BY GRADE	5-7	8	9	10	11-12
1=not at all	3	1	4	2	
2=somewhat	18	9	6	8	5
3=very	7	4	4	1	11
4=extremely	1	2	1	1	3

7) How are alcohol and drugs impacting you or someone you know?

Table 19: How are alcohol and drugs impacting you or someone you know?

RESPONSES	# OF RESPONSES	% OF RESPONDENTS (88)
arguments	46	52%
verbal abuse	39	44%
family problems	38	43%
bullying	35	40%
physical abuse	22	25%
other	somewhat coming home late along, lost, unwanted health of body and mind depression	

8) If you need to talk about an alcohol and drug problem, is there someone you trust to talk to?

Table 20: Is there someone you can talk to?

RESPONSE	#	%
yes	38	43%
no	19	22%
n/a	29	33%
no answer	2	2%

9) What would help people with their alcohol and drug problems?

Table 21: Ways to help people with their alcohol and drug problems

RESPONSES	# OF RESPONSES	% OF RESPONDENTS (88)
more Youth activities	60	68%
talking with someone	58	66%
local treatment programs	52	59%
treatment centre in Watson	50	57%
Youth help other Youth	43	49%
information and education	40	45%
enforcement	40	45%
other	1 - caring	

Appendix G: Youth Feedback – Postcards

A total of 68 Youth created 'postcards'.

Table 22: Postcards

GRADE	RESPONSE
g5/7	Today was an okay day at the workshop. We did a bunch of stuff based on drugs, alcohol and health. The best thing I liked was doing the whole thing.
g5/7	My parents are going to be so happy. I had a great time and I hope you learned a lot and I hope you learned about no drinking and no smoking and drugs. I would like to do it again.
g5/7	I writed about stopping drinking, smoking, drugs and made a picture about healthy things.
g5/7	I loved all the things that we did but my favorite thing was all the writing, because I love to write. I also love sticky notes and we got to use those today. Anyways it was a lot of fun.
g5/7	Today I learned what other people.
g5/7	My day was pretty good! I had lots of fun at this health workshop! The part I liked the most was when we did the poster things! I enjoy writing on those stickers and I enjoyed having fun with you!! I hope I can do it again! I had lots of fun!
g5/7	Today I went to a health workshop. It was quite interesting. I learned more about healthy living. I also learned about how to solve drug and alcohol abuse.
g5/7	Today the 23 I was really bored but it was much better than regular class and I have a chance of winning some kind of prize! So it wasn't that bad.
g5/7	I had a great time and I was very fun. Have a great time. You are nice Jeff! I hope you like my pictures.
g5/7	I learned about drugs and that drugs are bad and destroy lives. Alcohol kills brain cells.
g5/7	Today I learned what drugs, beer, and smoking can do to you. I got to do a fun activity. What it can do to you is you can die from it. We made a collage, name tag and all that stuff. Also some of the community problems about drugs, smoking and drinking.
g5/7	Today I learned adult no smoking and no drinking.
g5/7	Thank you so much Jeff Cook, you were very helpful.
g5/7	I liked making the collage.
g5/7	It was exciting.

GRADE	RESPONSE
g5/7	I had a great time today. I learned lots and I wish I could learn more. I liked making the collage. I would like to do this again and hope I can do this again next year. I wish I could do this every year. Well I guess it's over. See ya.
g5/7	Today was an awesome day because we did lots of stuff like doing a little poster where we pretended to look into a crystal ball. It was kinda boring and I probably would want to go horse back riding but it was still fun.
g5/7	I would like to do this again.
g5/7	I had a great day. It was a little fun, it was cool.
g5/7	Today I learned what other people think of our community and what trouble our community has.
g5/7	I had fun.
g5/7	I would love to do this again! I loved it here, thank you so much! My parents were so happy when they heard about this. I was so excited to do this.
g5/7	Today I learned what drugs, smoking and drinking can do to you. I got to do a fun craft and other stuff too.
g5/7	I had a fun day.
g5/7	I had lots of fun today during the program. It was different than doing Math, but it was still lots of fun.
g5/7	Today I learned about a healthy life and not to ever ever ever do drugs. I liked it.
g5/7	I liked it a little. I learned to be healthy and cool.
g8	Today was fun and eye opening to me, good activities and we should have more workshops.
g8	I would like to have another workshop like this, it was fun and helpful and the teacher wasn't too strict which was awesome, dope workshop.
g8	I learned how bad drug and alcohol use is in Watson Lake. I also learned how we can help fix it.
g8	I liked talking about what we want more of to help those who need help.
g8	I learned how to try and stop drugs and alcohol in this gay town, be cool stay in school.
g8	I think the workshop was fun and could of helped some people in learning about drugs and drinking, how it affects the people using it and the people around them.
g8	Today I learned about drug use, underage drinking and runners. Watson Lake has a problem with underage drinking and drug use.
g8	I learned that you can talk to anybody about anything. I had a great time reading for everyone. I would like to do a think like this again. I would love to win the camera or the IPOD. I hope I do.

GRADE	RESPONSE
g8	It was kinda fun today, it would be fun to have more workshops, it was kinda fun and it was better than class.
g10	I like all the stuff we did.
g10	What are you doing, hi, right back lol.
g10	I learned a lot of things to do for the town. But it's coming back to me, so what's the point.
g10	I had so much fun it was awesome.
g10	It was fun, it was funner than class. I like when we laid down, it was fun.
g10	Today I went to a workshop, it was not all that fun. I also made a collage.
g10	It was a really cool day today.
g10	Talked about what needs to happen in our community and what we thought.
g10	I wish I could be as cool as you, but that won't happen. We learned a lot.
g10	It's quiet.
g10	Today we learned about drugs and bullying and other stuff. It was alright.
g10	Today was funny but went by pretty slow. It would be nice if you had eaten breakfast so you wouldn't have been so hungry. Pig out. Why am I talking to myself? Dunno but it's creeping me out.
g10	I really liked the workshop because it was fun.
g10	I really enjoyed this workshop. Before I even knew what it was about, all the colors of sticky and pens. The magazines as well attracted me. I wish this workshop could have been longer. I really hope I could do the workshop again. We made collages and used the sticky notes a lot. The guider made it really fun.
g10	You are the it mang. I feel like we can be together forever. I would hang out with you any day. We learned lots and more.
g10	I like the workshop. It was ever good.
g11/12	I learned a lot today in the workshop, it showed me that Youth are aware about problems within the community. Many great ideas were brought up as well as important issues with safety. We need a source of transportation for kids who need it. I also learned that we need a safe place for youth to go if they are in need of help. The future of the world is up to Youth, we are the leaders of tomorrow.
g11/12	Today I connected with my class, understood their concerns. Enjoyed getting together to talk about our community and ways to improve. It was new to me, and made me discover that I want to help make our community to be healthier, safer, funner! I want my younger siblings to know there's more to life than alcohol and drugs to kill boredom! Thanks Jeff.

GRADE	RESPONSE
g11/12	3 things I remember/learned: 1) talking about important issues, 2) good ideas for solutions, 3) getting people to actually thing about it.
g11/12	I knew living here was very boring, but to see all those issues it shows how unhealthy it is. I enjoyed doing the collage. This vision presentation was very excellent. I never thought all of these youth would speak their mind, so I'm glad they participated. This is my last year in high school but I want fun, safe, and positive things for the next generation.
g11/12	It any boy ey wats up what did you learn I learned how to stop drugs and alcohol. How to make our community a better place. We should do this more often for fun and to learn more, how to make our community a place where you can walk the streets.
g11/12	Today I did lots and I really liked this course. Thank you so much for teaching us. I would really like to do this again.
g11/12	I would like to get more youth into groups, and a mixed age group. I think that drugs and alcohol is the best, prevention is the best way. There should be places to go to get treatment.
g11/12	This workshop was a little helpful but it takes so much more work to fix a community. It made me realize how much help we need to become a better community. It would be helpful to have more but anonymously because students didn't show up. Instead they skipped.
g11/12	I learned a lot from this workshop. I liked that everyone participated in it and was very supportive of the issues. I liked everything about this workshop. The pictures we did, everyone giving their ideas.
g11/12	Some things you should remember was all the different ideas people had on change. Don't stop trying to change this town. This workshop could help many people. Thank you for showing up.
g11/12	Thanks for your input in today's activities. I liked how we worked with other people to collect ideas on how we could improve this community. It was interesting how many ideas there were and all the solutions we could come up with.
g11/12	I liked how we enjoyed the presentation on the 24th of November. I know we learned, and shared a lot. Everyone is enjoying themselves here. I hope you remember this cause it's a wonderful experience.
g11/12	Today, honestly, I didn't really learn anymore than I already knew from other programs such as DARE. I did however enjoy the experience and was very intrigued with the idea of bringing youth to our town and having us (the teens) speak to them or have a workshop where they could come to our town and show them how drugs and alcohol effect our lives and have them tell us how drugs and alcohol effect them in their communities.
g11/12	Three things I remember most are: 1) talking about issues in our communities and seeing so many, 2) solutions we had for problems, 3) getting people to think and talk about what is happening.

GRADE	RESPONSE
g11/12	You have learned a lot today and had a very good brainstorm about the community issues. As long as you keep that mindset, you'll be fine on your return back. You are still on a long journey, but 42 days is quite a long time. The things you've learnt today, you already knew, but it's good to refresh your memory of the importance of mental and physical stability. You're getting mentally stronger each and every day. Anyways, keep going towards your goal and don't let anything get in your way.
g11/12	Today I learned that drug and alcohol problems are caused a lot by people's pasts. Such as abuse, family problems, bullying, boredom, and other things that have impacted you negatively. This workshop actually made me think about my life and even though I don't have a serious drinking problem, I think I need to definitely cut down a lot. I agree that if there were more activities and things for youth to do there would be less drugs and alcohol use. Bringing programs and people in to talk to teens would be a big help. I really think Watson Lake needs to do something about this problem before it gets out of control. Be Safe.

Appendix H: Youth Feedback – One Word

A cross section of students (37) from all the grades were asked to provide one word that summarized the workshop experience. They came up with some great responses (# of responses):

cool (2)	funny
fun (2)	great
good (2)	happy
inspired (2)	hell yaa
interesting (2)	informative
creative	insightful
different	loved it
educational	okay
enjoyable	pro-nage
enlightening	radical
excellent	response
extreme	siicckk
eye opening	unifying
fantastic	yah

Appendix I: Sample Agenda

Table 23: Sample Agenda

TIME	ACTIVITY
12:50 – 1:10pm	Welcome, opening prayer and introductions
1:10 – 1:15pm	Slide Show
1:15 – 1:25pm	What do you love about your community?
	Describe what a healthy community means to you.
1:25 – 1:55pm	What is your vision for a healthy community?
1:55 – 2:15pm	What are the things (issues) about alcohol and drugs in your community that you don't like? How are alcohol and drugs impacting your community?
2:15 – 2:50pm	What can we do together to change the things (issues) around alcohol and drugs in your community? Vote the actions that will make the greatest difference.
2:50 – 3:00pm	Workshop closure. Thank you, next steps, feedback and closing prayer.