



PARTNER *Lanark*

WHAT IS PLANET YOUTH LANARK COUNTY?

Planet Youth Lanark County (PYLC) is a coalition of individuals and organizations working to reduce substance use amongst youth in our community and improve the lives of young people across the county. The approach utilizes a community first mindset and follows the Icelandic Prevention Model as a guiding process.

Funded by the Public Health Agency of Canada from the Youth Substance Use Prevention Program through Open Doors for Lanark Children and Youth. PYLC is comprised of several key groups working together to make this a reality.

STEERING COMMITTEE

A committee of leaders in education, health-care, police services, and volunteer organizations leading the initiative.

YOUTH CENTRE COALITION

The Lanark County Youth Centre Coalition as primary care providers and leaders in child and youth services across the county.

KEY PARTNERSHIPS

Partnered organizations such as the Southeast Public Health Unit, USCDB, the Canadian Sleep Research Consortium and others.



THE ICELANDIC PREVENTION MODEL

STEP 1

Local Coalition Identification and Development

The PYLC Steering Committee is created in 2022

STEP 2

Local Funding Identification

Funding identified through Proceeds of Crime, then the Public Health Agency of Canada

STEP 3

Pre-Data Collection Planning & Community Engagement

Engagement in community meetings starting in 2022

STEP 4

Data Collection & Processing

Surveys completed in 2022 & 2024. Data analyzed and made available online.

STEP 5

Enhancing Community Participation

Decision made to focus on Sleep and Safety as Key Factors

STEP 6

Dissemination of Findings

Ongoing engagement with community stakeholders to deliver key information.

STEP 7

Community Decision Making & Organized Responses

Coalition establishing critical community collaborators.

STEP 8

Policy & Practice Alignment

Lobbying to change bell times across the school board.

STEP 9

Child & Adolescent Immersion in Primary Activities and Interventions

STEP 10: REPEAT STEPS 1 - 9 ANNUALLY

WHAT IS UPSTREAM PREVENTION?



Campbell, L.A., & Anderko, L. (2020). Moving Upstream From the Individual to the Community: Addressing Social Determinants of Health. NASN School Nurse, 35, 152 - 157.

Image used with permission from Premise Health, 2024

Upstream prevention address risks and protective factors through community engagement. It aims to create healthy environments, supportive communities, and addresses the social determinants of health.

A 2024 SURVEY OF YOUTH IN LANARK COUNTY SHOWED...



32% tried alcohol at age 13 or younger

22% had been drunk in the past 30 days



26% used an e-cigarette in their lifetime

15% use e-cigarettes daily



23% used cannabis in their lifetimes

11% used cannabis in the last 30 days

The majority of the above statistics increased when compared to results from the 2022 survey.

IDENTIFYING OPPORTUNITIES FOR CHANGE

By assessing a wide range of influencing factors, two key areas were seen as opportunities to improve the wellbeing of youth in Lanark County and impact the number of youth using substances. These indicated as the key goals and areas to take action for Planet Youth Lanark County

SLEEP



33%

of surveyed youth sleep on average of 8 hours or more per night.

Trends demonstrate that youth who do not get the necessary 8 hours of sleep for healthy development were more likely to use substances.

SAFETY



55%

of surveyed youth stated that they feel safe in school.

Research indicates that youth who do not feel safe are more likely to turn to substances.

WHAT IS BEING DONE?

Planet Youth Lanark County continues to work towards novel approaches to sleep and safety that engage the community and encourage active participation. Below include some highlights of major events and ongoing activities taken at a county-wide level.



A county workshop with keynote speaker Dr. Michael Ungar, gathered civic leaders, primary care givers, and invested community members to engage on the subject of youth resiliency.




Dr. Rebecca Robillard and the Canadian Sleep Research Consortium are helping to pioneer new sleep interventions and applying their findings in Lanark County amongst a variety of age groups.



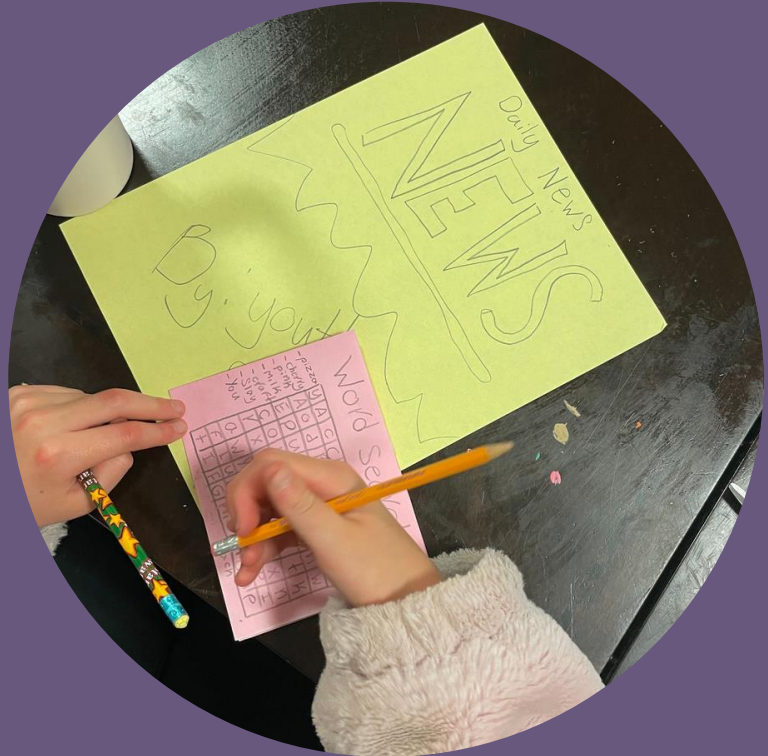
The PYLC Steering committee furthered its relationships with Upper Canada District School Board in addition to lobbying for changed bell times to match sleep needs of youth.

WHAT IS BEING DONE IN MISSISSIPPI MILLS?



New Relationships with Local Schools are being fostered, with opportunities arriving for in-school programming supported by MMYC's Safety and Wellness Facilitator. The goal is to reach all schools in the municipality to offer support.

News Crew has been developed as a brand-new program in response to the THRIVE community surveys. It is designed to offer youth the information they want in an easily accessible format and includes critical information about sleep & safety



Information Packages are being developed for youth, parents, and caring community members and will be distributed via social media channels, to inform the community about how they can help create a culture of upstream prevention in Mississippi Mills.

Future Plans are in the works for new and innovative work that reaches youth across Mississippi Mills. MMYC looks forward to future partnership opportunities and seeing how this incredible community can come together to support our youth.

