

Saint Lucia – Helen Of The West





Demand Reduction

A SAINT LUCIAN EXAMPLE

GUIDANCE COUNSELLORS WORKSHOP - JANUARY 28, 2013

Given the high incidence of substance use among students at the secondary level, the Substance Abuse Advisory Council Secretariat organized a one-day training workshop for schools Guidance Counsellors. The workshop was designed to introduce Guidance Counsellors to a systematic approach to implementing substance abuse prevention programmes, screening, assessment, determine the most appropriate initial course of action given the student's needs, characteristics and the available resources, and understanding treatment options and planning in substance abuse. This includes respect for the students' perception, feedback, and self-assessment. Counselors will demonstrate an acceptance of their own limitations, sensitivity to students' circumstance and possible outcomes.

Counselors Doing Group Work



OBJECTIVES

- ▶ provide the participants information on adolescent development and other risk and protective factors associated with drug/substance use;
- ▶ assist participants develop skills in identification of youth substance users;
- ▶ improve participants knowledge of mental health problems in youth; and
- ▶ enable participants develop skills in the application of basic appropriate treatment approaches at the school level.

Comittments/Conclusions

- ▶ SAACS to provide screening tools to Counsellors.
- ▶ SAACS/Turning Point to provide technical and limited financial assistance.
- ▶ Counsellors/Schools to submit project proposal to facilitate technical/ financial assistance.
- ▶ SAACS will contact counselors on individual basis to obtain more ideas on best methods of targeted implementation.
- ▶ SAACS will provide readily updated information through National Drug Information Network to Schools to facilitate drug education/prevention programmes.

Results

- ▶ Five individual planning meetings held
- ▶ Two submitted proposals
- ▶ Three pending submittals
- ▶ Two peer trainings done with school prefects
- ▶ Five general student body educational sessions

Currently...

A new drive to revive interest and establish formal programmes in schools (owned and operated by the counsellors) is ongoing. In the light of rapidly depleting sources of funds, low cost avenues are being explored. Continued technical assistance is being offered by SAACS.