



Canadian Centre
on Substance Abuse

Centre canadien **de lutte
contre les toxicomanies**

Partnership. Knowledge. Change.
Collaboration. Connaissance. Changement.

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Collaborating Across Sectors to Reduce Substance Use Among Youth

Canadian Sport for Life National Summit

Katie Fleming, Canadian Centre on Substance Abuse (CCSA)

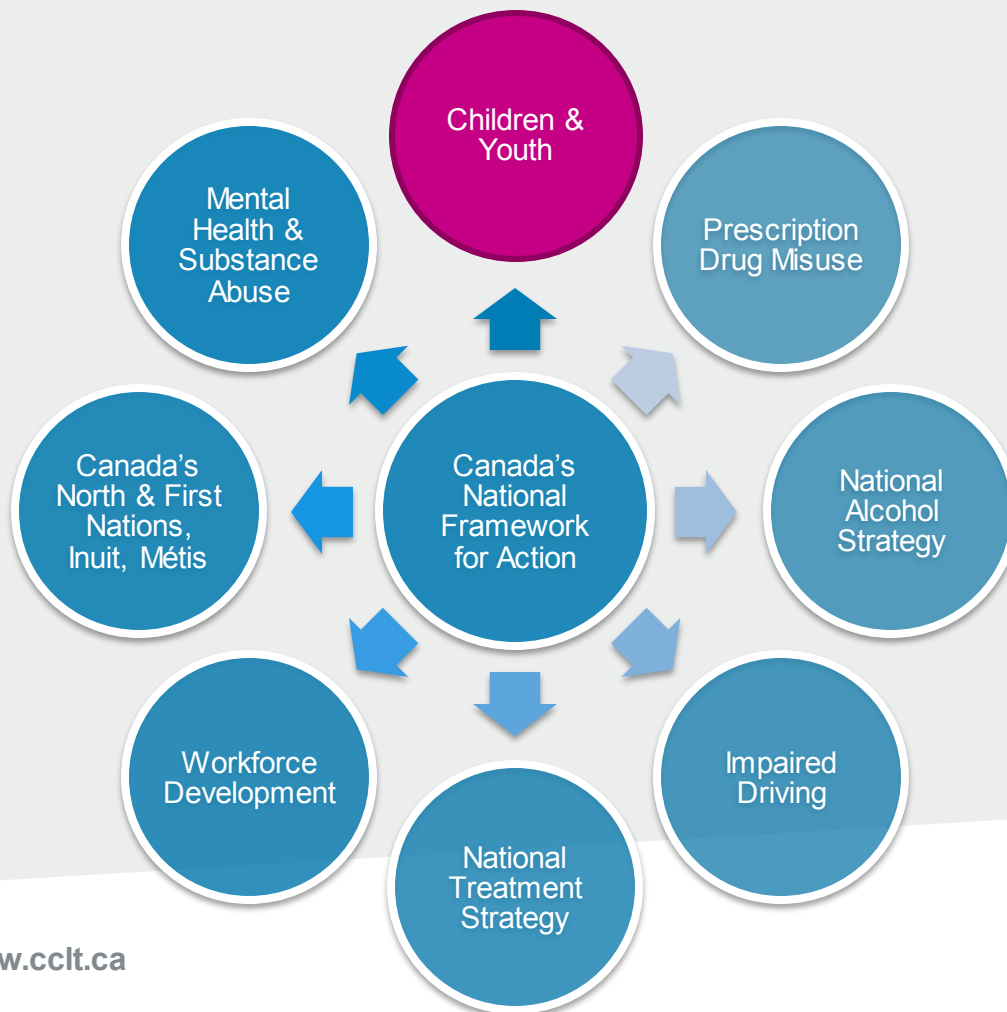
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About CCSA

- The Canadian Centre on Substance Abuse (CCSA) is Canada's only national agency dedicated to reducing the harms of alcohol and other drugs on society, improving services and supports, and informing policy and practice.
- Founded in 1988, CCSA has provided national leadership, and advanced research knowledge and concrete solutions to address alcohol- and other drug-related harms, for over a quarter-century.

We bring people and knowledge together to effect change and to make a difference in the lives of Canadians

CCSA's National Priorities



Youth Substance Use

- Youth is a period of significant growth and change. The use of substance during this time, when the body and brain are still developing, may interrupt crucial developmental processes.
- Young people are disproportionately more likely to use substances, engage in risky patterns of use and experience harm from that use.
- Youth 15 to 24 years old are approximately five times more likely than adults aged 25 years and older to report harm because of drug use.

Why look at sport participation

- Sport participation and substance use peak around the same age ranges.
- Sport participation keeps youth engaged in school and community activities and offers opportunities to build positive social relationships, self-confidence and life skills.
- However, participation in sport is associated with increased alcohol consumption among youth and evidence is mixed on the link between youth sport participation and illicit substance use.

Call to Action

- In March 2013, CCSA brought together stakeholders from sport, health promotion, substance use prevention and academia to discuss findings from a new systematic review on sport participation and substance use.
- Workshop participants identified four areas for action, listed in order of priority:
 1. Network development
 2. Research
 3. Awareness raising and knowledge exchange
 4. Program and policy development

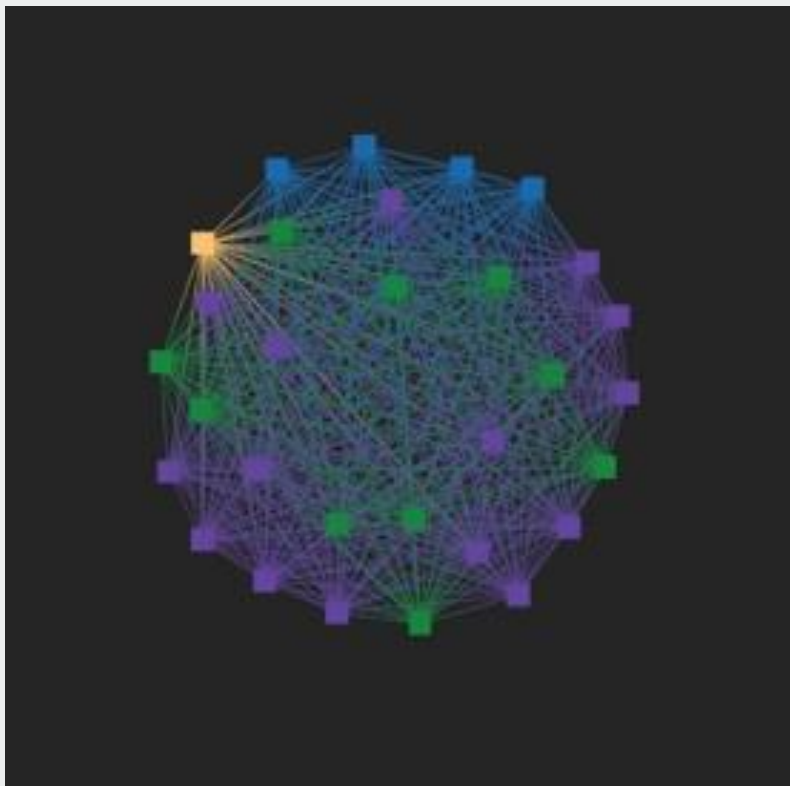
Network Development

- CCSA is working across sectors to better understand when, for whom and under what circumstances sport can be an effective forum for substance use prevention, and also when it can put youth at risk.
- The Canadian Sport and Youth Substance Abuse Prevention (CSYSAP) Network connects 150+ organizations from sport, recreation, health promotion, substance abuse prevention and academia.

CSYSAP Network

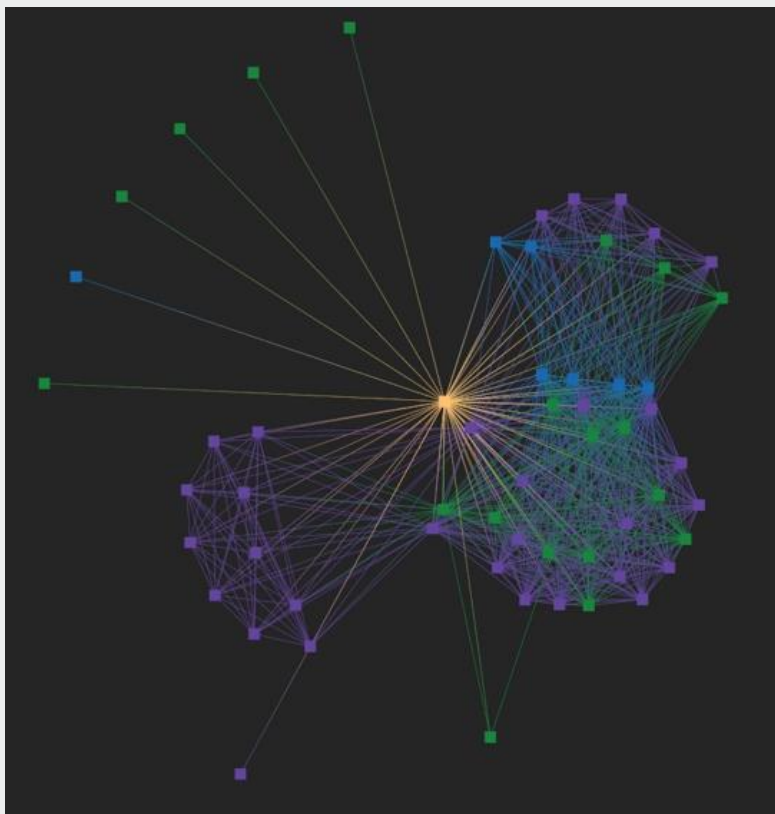
- The Network aims to support evidence-informed action by:
 - Addressing gaps in research and facilitating collaborative projects;
 - Raising awareness across sectors about known risks, benefits and opportunities to enhance current programming and policies; and
 - Providing new tools and channels for sharing information and collaborating across sport, recreation, health promotion and substance abuse prevention sectors.

CSYSAP Network Evolution



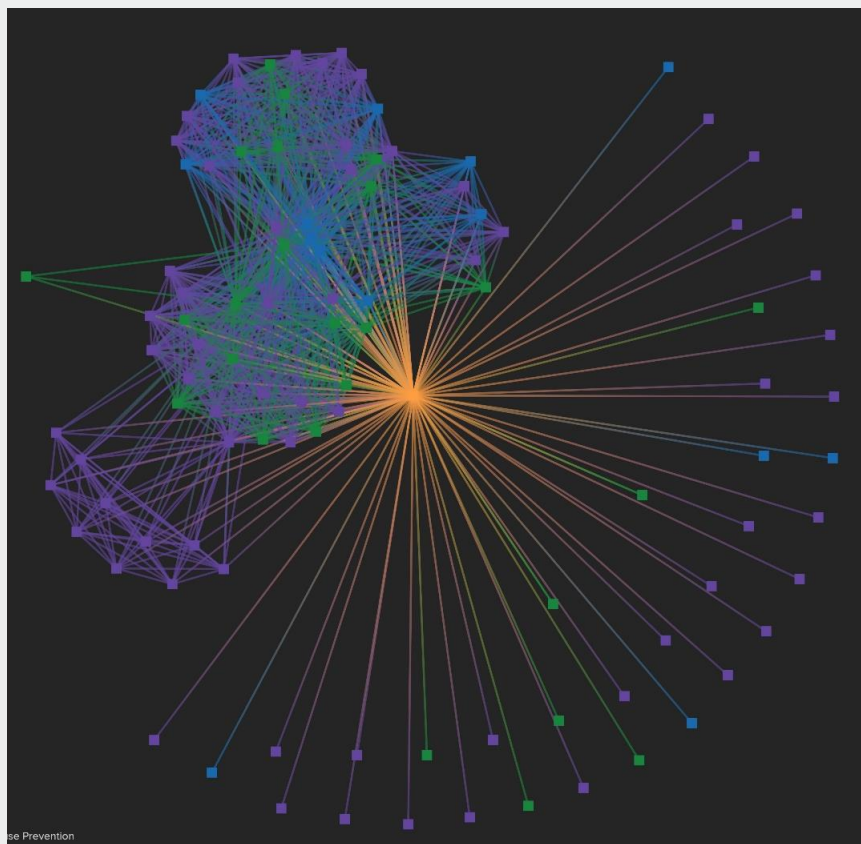
- The network began with 30 organizations
 - 13% academic
 - 33% sport and recreation
 - 54% health promotion and substance use prevention
- It provided opportunities for 435 unique connections

By the end of 2013



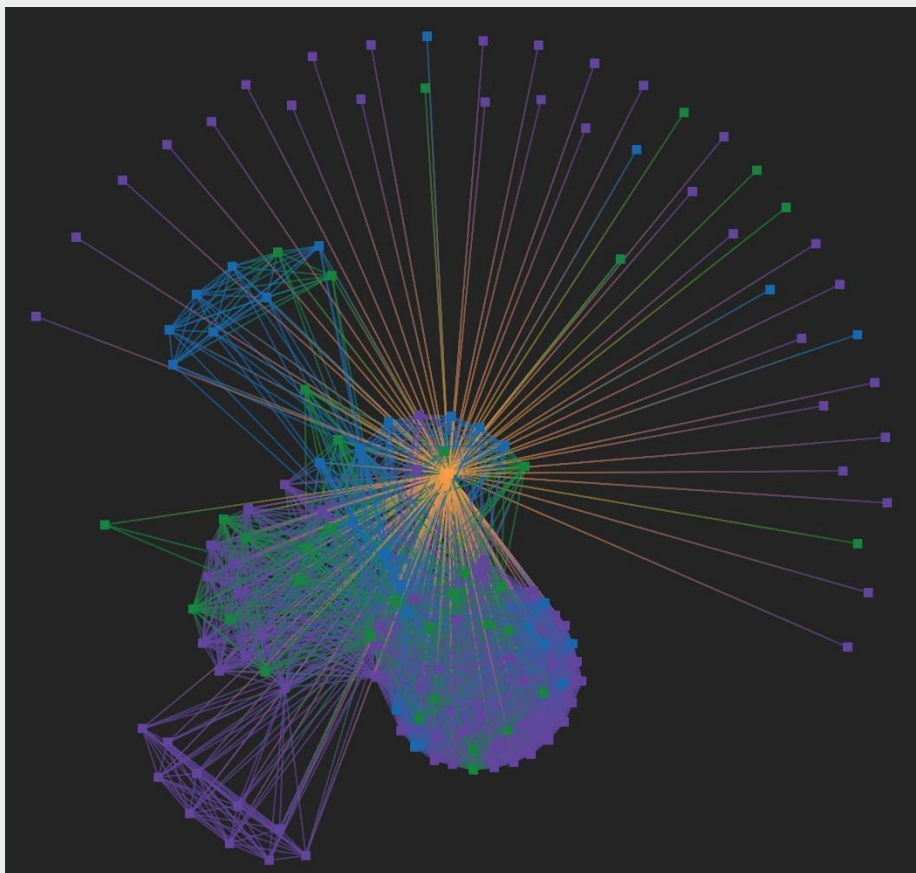
- The network grew to 57 organizations
 - 12% academic
 - 33% sport and recreation
 - 55% health promotion / substance use prevention
- It provided opportunities for 776 unique connections

By the end of 2014



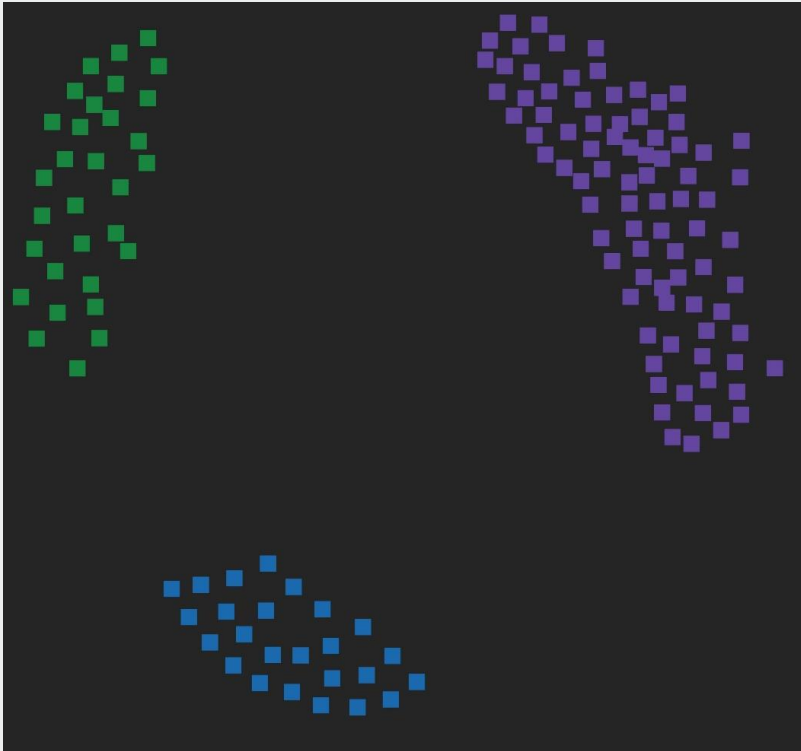
- The network grew to 105 organizations
 - 13% academic
 - 24% sport and recreation
 - 63% health promotion / substance use prevention
- It provided opportunities for 1228 unique connections

By the end of 2015



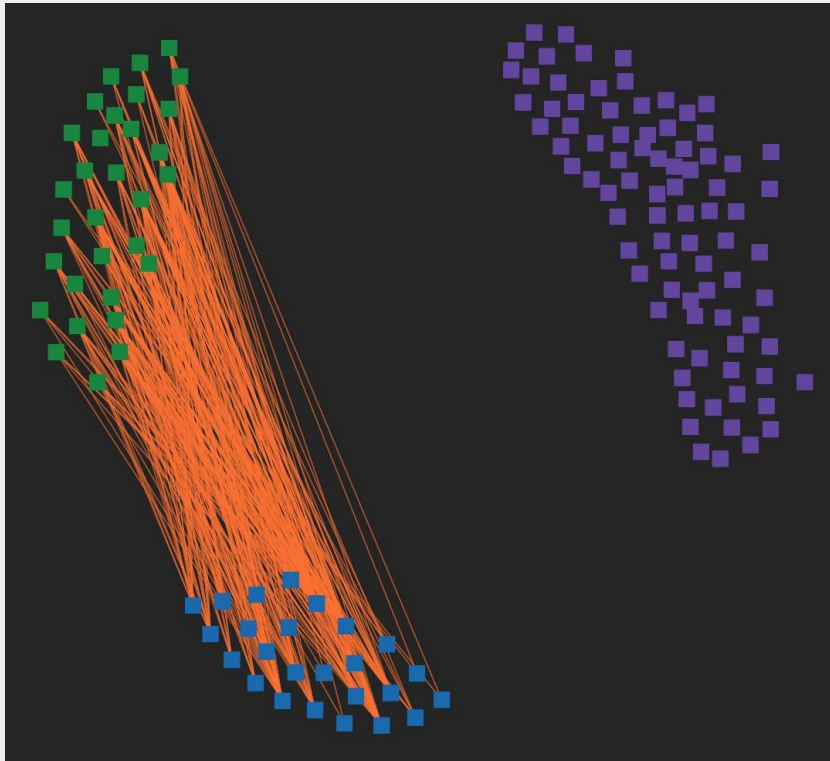
- The network included 151 organizations
 - 19% academic
 - 23% sport and recreation
 - 58% health promotion / substance use prevention
- It provided opportunities for 2885 unique connections

Focus on Cross-Sector Connections



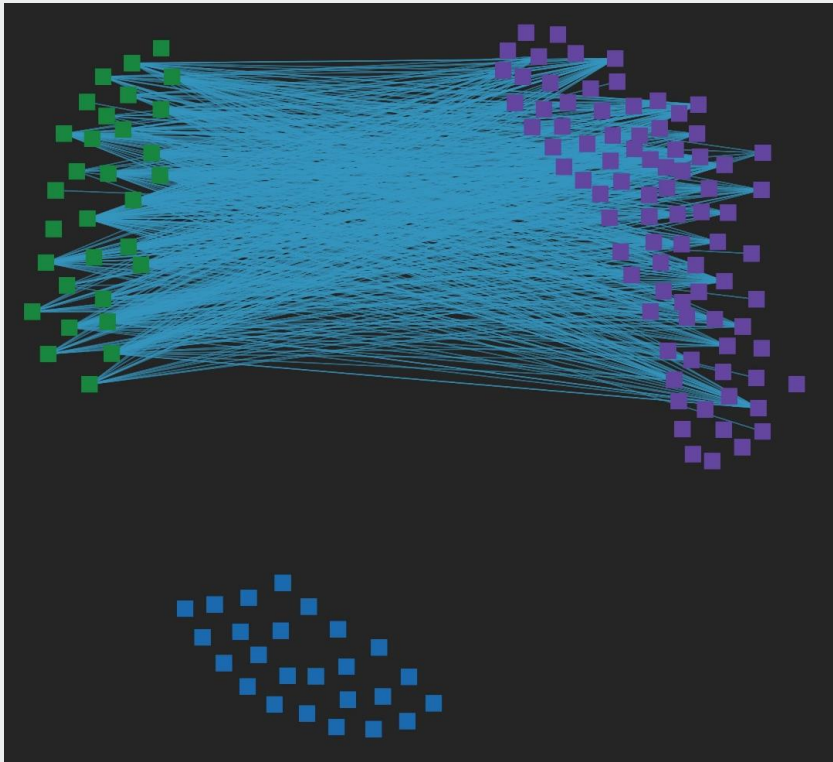
- Of the 151 organizations in the network, 111 of those organizations are connected across sectors

Importance of Cross-Sector Connections



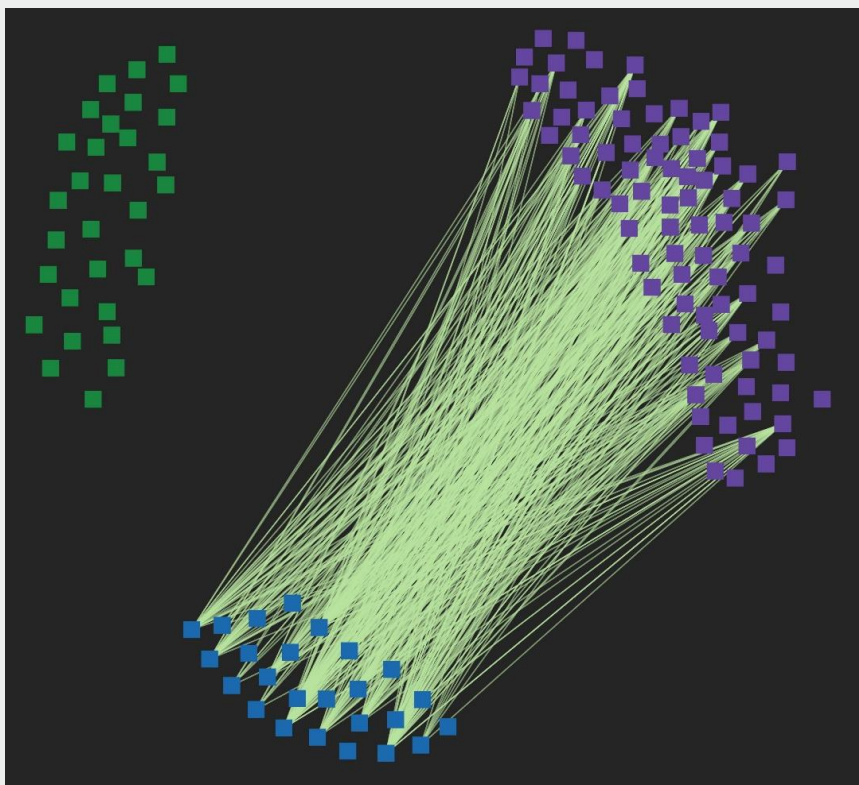
- There were 320 connections between **Sport and Recreation** organizations and **Academic** institutions.

Importance of Cross-Sector Connections



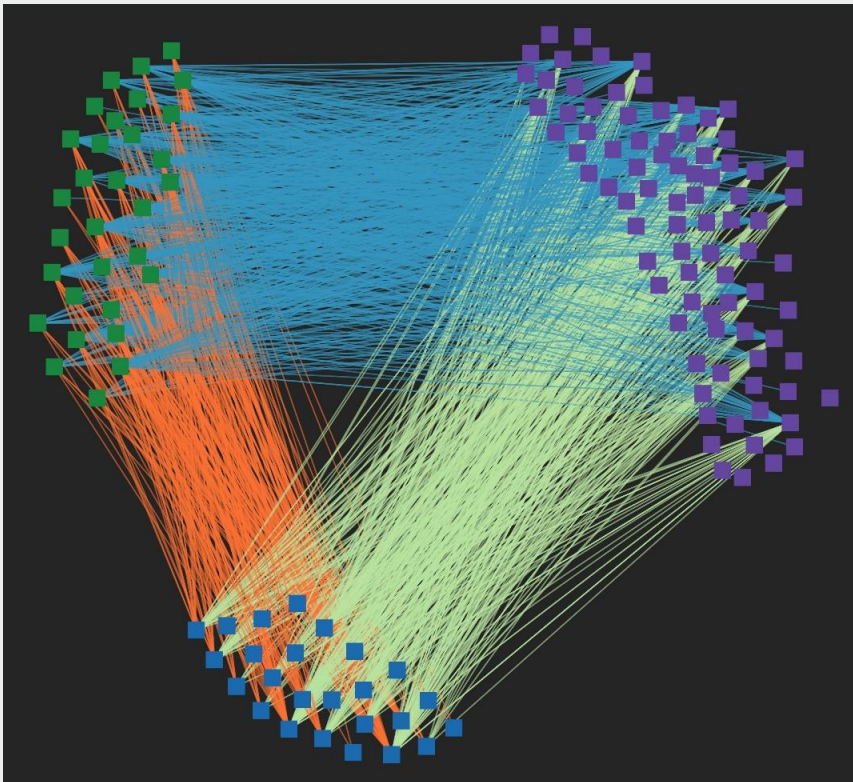
- There were 723 connections between Sport and Recreation organizations and Health Promotion/Substance Use Prevention organizations

Importance of Cross-Sector Connections



- There were 502 connections between Health Promotion/Substance Use Prevention organizations and Academic institutions

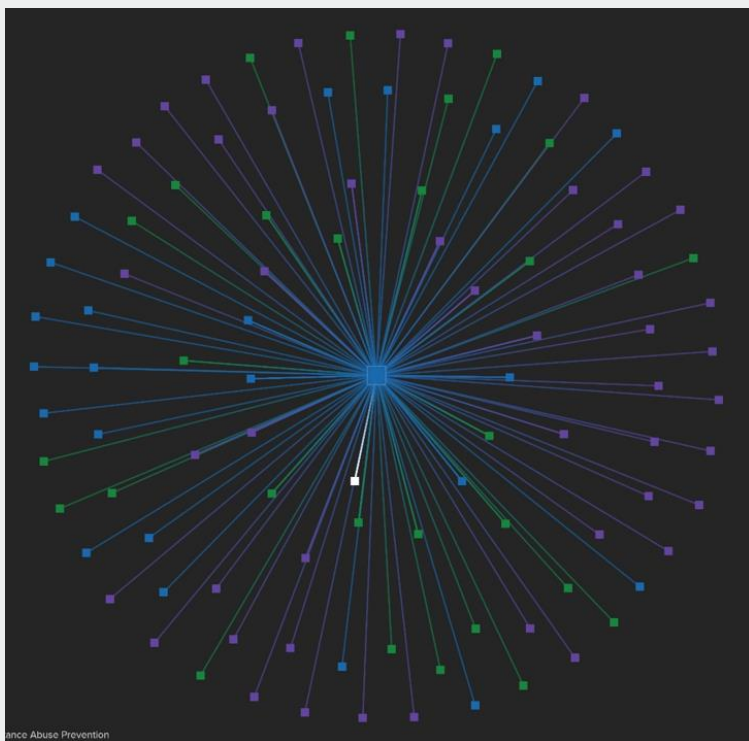
Importance of Cross-Sector Connections



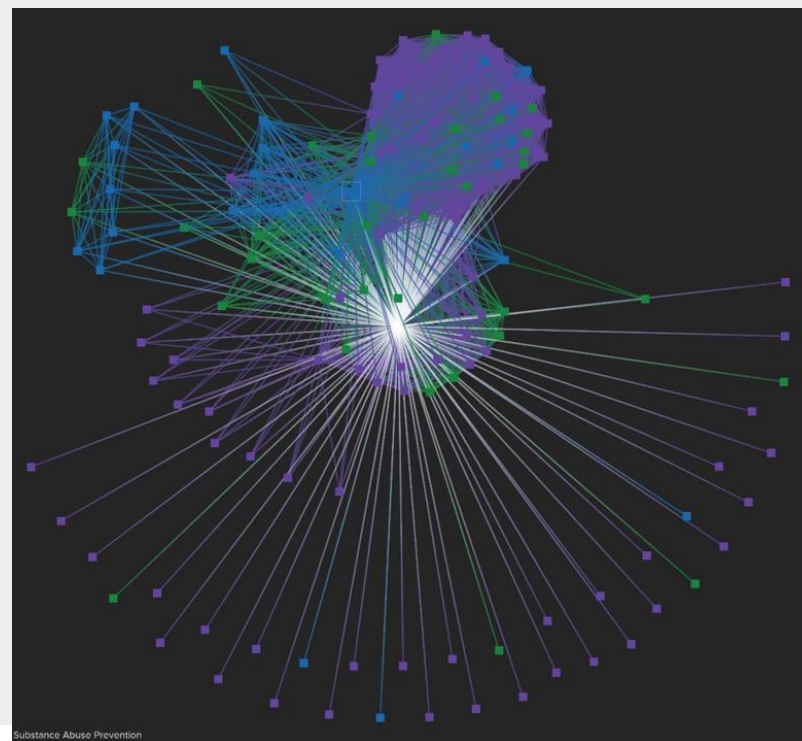
- Of the 2885 total network connections, 1545 are cross-sector connections

McMaster Connections

1st Degree Connections

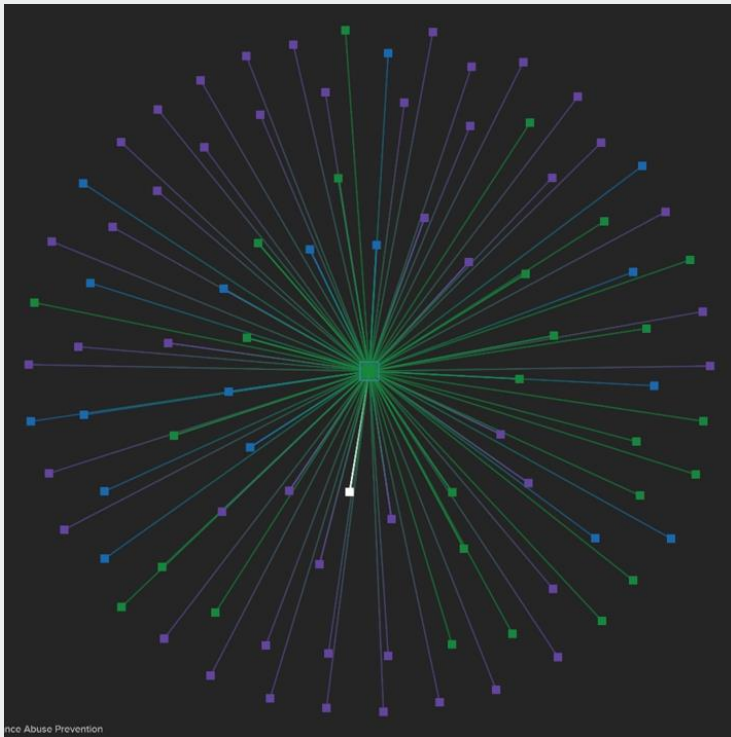


2nd Degree Connections

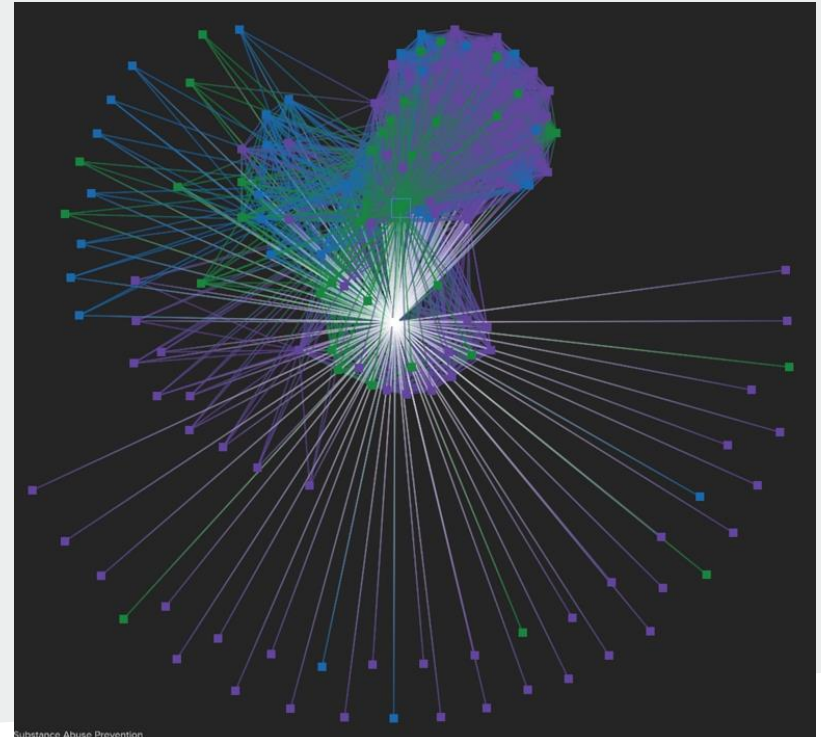


Canadian Centre for Ethics in Sport

1st Degree Connections



2nd Degree Connections



Outcomes to date

- Advancing Canadian Research
 - Open source publication of *Sport Participation and Prevention of Substance Abuse in Adolescents and Young Adults: A Systematic Review*
 - Environmental scans to identify what already exists and is known
 - Canadian data
 - Sport programs with substance use prevention component
 - Social Sciences and Humanities Research Council (SSHRC) grant – Positive Youth Development (PYD) Network project

Outcomes to date (con't)

- Raising Awareness and Knowledge Exchange
 - Development and distribution of research summaries
 - Stakeholder meetings and small group presentations
 - Content development and distribution across CSYSAP Network communication vehicles in English and French
- Program and Policy Development
 - Content review for new CCES e-learning course on substance use and ethical decision making and sport for 15-18 year olds.
 - Coach hand out on youth substance use for the Respect Group

Looking Ahead

- Contribute to and leverage PYD Network project
- Assess CSYSAP Network communications vehicles and adjust as required
- Support new academic publications and develop plain language summaries for target audiences
- Continue discussions with national sport organizations and provide subject matter expertise to inform current or new initiatives

Lessons Learned

- Do not underestimate the value of in-person meetings and events, especially early in the process
- Participate in events and conferences outside your sector – learn their jargon, influencers and pressing issues
- Use multiple mechanisms throughout the year to keep the lines of communication open
- Be patient – this will take longer than you expect

Thank you

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