

SUBSTANCE USE RESOURCES FOR PARENTS

River East Transcona School Division has a long-standing partnership with Shared Health Mental Health and Addictions to provide substance use support to students in our school division. Three counsellors are on-site in schools and offer counselling and information to students and parents as well as delivering substance use information and education in classrooms.



If you are seeking information or support for your student, please contact the Substance Use Counsellor associated with your school:

Elizabeth Stoesz:

All Middle Year Schools. Primary focus is delivering PreVenture Program in classrooms however also supports students individually.

estoesz@retsd.mb.ca

431.334.8809

Candy Burke:

Kildonan-East Collegiate, Transcona Collegiate, Murdoch MacKay Collegiate, Collège Pierre-Elliott-Trudeau

cburke@retsd.mb.ca

204.260.9388

Alana Sigurdson:

Collège Miles Macdonell Collegiate, River East Collegiate, John G Stewart School

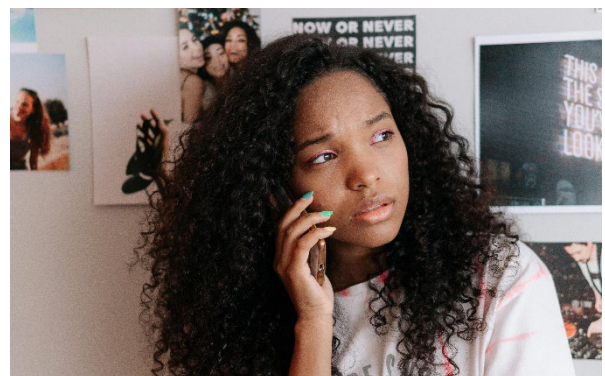
asigurdson@retsd.mb.ca

204.260.9921

ADDITIONAL SUBSTANCE USE SUPPORTS AVAILABLE

Manitoba Connect: [Manitoba Mental Health & Addictions Connect - SH Health Providers](#)

This is the provincial phone number that youth or their parents/guardians can call to access provincially funded substance use and/or mental health services. This includes community supports, the Youth Addictions Stabilization Unit and Compass, the provincial in-house substance use treatment program. This is also an excellent resource to be able to speak with a clinician about challenges you are experiencing and what types of support are available. This phone line is available Monday to Friday 8:30 a.m.–4:00 p.m.



Peer Connect Manitoba: [Family Peer Support – Peer Connections Manitoba](#)

Free, peer led, individual and group support for families navigating struggles with their child's substance use or mental health.

Substance Canada: [Parent Support Hub – Substance](#)

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This resource has excellent information and tips for talking with young people about substance use. In addition, you can phone or chat with a staff member 24/7 for support. This service is free.

How to access Naloxone: [Naloxone Finder – Take Home Program | Health | Province of Manitoba](#)

Naloxone reverses drug poisoning caused by opiates. It is currently very common for street drugs to have opiates mixed in with them without the user realizing. As a result, it is important for anyone who uses these substances and their loved ones to have Naloxone available. Naloxone is free in Manitoba. This website shows which pharmacies and community health care clinics in your neighborhood have Naloxone on site for people to access. No information is gathered from you if you access Naloxone; you will just be instructed on how to use it.

Naloxone Wakes You Up Youth/Parent Video: [Naloxone Wakes You Up | Videos & Movies on Vimeo](#)

INFORMATION ON SUBSTANCES AND STRATEGIES TO SUPPORT YOUTH



The Basics: [The Basics - Shared Health](#)

This is a link to concise, accurate information about each drug. It includes short term and long-term effects; risks associated with use and considerations for withdrawal from the drug.

Youth Mental Health and Addictions Education Series:
[Youth Mental Health & Addictions Education - Shared Health](#)

There are a variety of topics included in this video series to increase parent/caregiver knowledge about substance use, mental health, supports and strategies to help youth.

Kelty Mental Health Center, information and strategies for parents: [Substance Use & Youth | Kelty Mental Health](#)

Information on Teen Substance Use for Parents: [You've Got This: Information on teen substance use for parents and caregivers - Kids Come First](#)

Mind Blowing: Everything you need to Know about Substances (short 2–3-minute videos for youth):
[Savoir média](#)