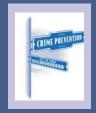
# **Approaching Crime Prevention**



Fall 2006 Volume 2, Issue 2

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he relationship between illicit drugs and crime is complex. Drug abuse is a health issue that requires treatment and support. However, drug abuse can also lead users to do things they would not normally do if they weren't using drugs - things like committing crimes to feed their habit. In fact, crime prevention through social development (CPSD) identifies drug use as one of many risk factors that can contribute to criminal activity.

Making, selling or possessing illicit drugs is a crime. Police report that more and more organized crime is increasingly involved in the manufacture and sale of drugs. These concerns affect both urban and rural communities. The drug trade is big business and it is getting attention from law enforcement, the media and concerned citizens.

While organizations like the Alberta Alcohol and Drug Abuse Commission (AADAC)

Continued on Page 2

### **Important Upcoming Dates**

Safe Schools Conference November 5-7, 2006 www.aasro.com

Family Violence Awareness Month November 2006

www.child.gov.ab.ca

International Restorative Justice Week 2006

November 12-19, 2006 www.csc-scc.gc.ca

National Bullying Awareness Week Novemer 13-18, 2006 www.bullyfreealberta.ca

Provincial Restorative Justice Symposium November 15-17, 2006

www.mrjc.ca

Alberta Community Restorative Justice Grant Program

Intake deadline: November 20, 2006 www.crimeprevention.gov.ab.ca

Grande Prairie Rural Crime Symposium February 22-24, 2007 www.ruralcrimewatch.ab.ca

National Fraud Awareness Month March 2007

Alberta Crime Prevention Week May 13-20, 2007 www.crimeprevention.gov.ab.ca





# Message from the Alberta Solicitor General and Minister of Public Security



am a firm believer in collaborative approaches to crime prevention, because crime prevention truly is a joint responsibility of governments, police agencies and the community.

This year, our department provided nearly \$1 million in grants for crime prevention and

restorative justice initiatives across Alberta. These are community-driven programs that address the root causes of crime, deter crime, and make criminal acts more difficult to commit. The projects we fund range from initiatives to reduce rural crime, elder abuse, and sexual assault, to organizing youth activities and mentorship, as well as anti-drug and alcohol awareness programs.

Police services across the province also share our strong commitment to crime prevention through community involvement. For example, the Edmonton Police Service along with the Downtown Business Association and Edmonton Transit have partnered to increase security on downtown streets, on Edmonton Transit, and in the surrounding neighbourhoods.

The above partnership is a great example of a community effectively considering its local needs before implementing a crime prevention program. Often, what works for one community is not the most appropriate program for another. If you are considering implementing a program in your area, ensure you have a proper needs assessment completed beforehand, because this will lead to the most effective community and social justice initiatives for you and your community.

#### Continued from Page 1

work at reducing the demand for illicit drugs through treatment and prevention, law enforcement works to reduce the supply of drugs by cracking down on organized crime and other producers. Community members also play an active role by becoming involved in crime prevention programs, but they are not always sure how best to help.

There is an undeniable link between illegal drugs and crime. Police report that many drug addicts steal, or commit other crimes to support their habit. Thefts, break and enters, robberies, assaults, domestic violence and homicides all can have a drug connection. In recent months, many communities, particularly in rural Alberta, have reported a marked increase in crimes linked to the increased production and use of illegal drugs.

Considering the relationship between drugs and crime, and the community's desire to help, this edition of *Approaching Crime Prevention* focuses on a few of the many drug abuse prevention and intervention strategies carried out at the provincial and community levels. The newsletter gives communities an opportunity to share their unique approach to crime prevention by trying to prevent drug use, particularly by working with young people before they start using alcohol and drugs. We hope you find some inspiration and new ideas to tackle this difficult problem amongst the pages of this fall's edition.

# How to Create a Successful Substance Abuse Prevention Strategy

- 1. **Reach out -** It is important to have as many different organizations and people as possible involved when working on a community-wide substance abuse prevention strategy. Reach out and ask for others to become involved. The more diverse your group becomes, the greater the opportunity to foster a positive drug-free environment within the community.
- 2. **Get organized** A community action group on substance abuse should have a clear organizational structure so that it functions effectively. Issues such as membership, meeting locations and decision-making processes should be clear and understood by everyone involved.
- 3. **What do you need?** Communities should always complete a needs assessment before developing a substance abuse prevention strategy. A needs assessment can help uncover the extent of the drug problem and demonstrate how your community already meets the needs of youth and how best to use what you have. It will also reveal strengths and challenges within the community. From there, you can build a substance abuse prevention strategy that builds on the community's strengths and addresses the challenges.
- 4. **Get youth involved** Youth should be involved in planning and implementing a prevention strategy to deal with substance abuse. Youth have valuable information about the community and what is important in creating a successful substance abuse prevention strategy. In addition, youth can empathize with other youth, and may be more receptive to programs that include their peers.
- 5. **Be unique** Programs should be developed and adopted based on their ability to fit the unique needs of the community. Successful substance abuse prevention strategies are flexible and fit the needs of the community.
- 6. **Know your target group** It is difficult to be all things to all people. Programs should meet the needs of the target group. Giving some thought to the target group's age, interests and challenges will ensure that the program effectively reaches the intended audience.
- 7. **Involve addictions agencies** Agencies like the Alberta Alcohol and Drug Abuse Commission (AADAC) can assist communities in developing substance abuse prevention strategies that reflect the unique needs of the community by providing consultation, training and resources.
- 8. **Make sure it works** Review and evaluate your program regularly so that you can learn what is working and what isn't. If something isn't working well, then don't be afraid to change what you're doing. It is important to know whether the program is meeting the needs of your community.

Adapted from AADAC's Community Action on Drug Abuse Prevention. For more information, contact your local AADAC office at 1-866-33AADAC or visit www.aadac.com.

## **Alberta's Drug Strategy**

he *Alberta Drug Strategy: A Framework for Action* is the result of months of community consultation and grassroots concern over the increased availability of new and unfamiliar drugs, rising rates of alcohol consumption, and growing recognition that alcohol and other drug problems are complex issues requiring multifaceted responses.

Four core elements make up the foundation for the Alberta Drug Strategy, Canada's Drug Strategy and national drug strategies around the world:

1. Prevention

3. Harm reduction

2. Treatment

4. Policing and enforcement

The Alberta Alcohol and Drug Abuse Commission (AADAC) has led the development of the Alberta Drug Strategy. The strategy offers new possibilities for collaborative action in preventing substance use, providing treatment, minimizing harm related to alcohol and other drugs and effectively controlling drug supplies. It supports community-based responses to substance use through six key initiatives:

#### 1. Enhancing support for community action:

Communities working together in partnership to establish drug coalitions to address the substance abuse issues in their community have demonstrated many successes. AADAC is sponsoring an annual Community Drug Coalition Showcase, which provides opportunities for coalitions to learn from each other and share resources. AADAC has provided funding to support drug coalitions with amounts of up to \$3,000.

#### 2. Responding to use and production of methamphetamine:

AADAC and Solicitor General and Public Security co-chaired the cross-ministry crystal methamphetamine working committee. Alberta has actively collaborated with the other western provinces to take direct action to help prevent use, reduce supply and reduce the harm associated with crystal meth. The western provinces have provided a number of initiatives and recommendations aimed at influencing federal and provincial legislation, police enforcement and the handling of clandestine labs. AADAC has also introduced new treatment protocols specifically for crystal meth abusers.

#### 3. Expanding youth treatment:

Increased funding allowed AADAC to expand its system of youth services with the opening of 28 new detoxification and residential treatment beds in Calgary and Edmonton. Further expansion is planned for 2007.

AADAC also worked collaboratively with their partners to implement the programming response for *Children Abusing Drugs Act* (PChAD) proclaimed July 1st 2006. Four protective safe houses opened their doors to provide protective services to youth whose parents/guardians have obtained a court order to place their son or daughter in protective confinement for up to five days. AADAC is charged with completing an assessment on each youth and working with the youth and their families to develop a treatment plan and referral upon completion of the protective services.

#### 4. Intervening with Drug Endangered Children:

Alberta Children's Services will implement the *Drug Endangered Children's Act* (DECA) in November of 2006. The various partnering ministries will work together to support the implementation.

#### 5. Addressing alcohol use and abuse:

Alcohol continues to be the drug most frequently used in Alberta, and the drug most frequently associated with acute and chronic consequences. Because alcohol is a legal drug, the harm associated with its use is sometimes underestimated. Community coalitions, industry, and provincial stakeholders will review and discuss data on alcohol trends and issues and research on best practices in prevention, treatment and effective policy intervention.

#### 6. Increasing knowledge for decision-making:

Participation in well conducted research and evaluation is essential for taking action on alcohol and other drug issues and provides the foundation to establish policies and best practice.

The Alberta Drug Strategy will continue to provide the guiding framework for further initiatives to address issues related to alcohol and drug abuse along with the associated risks to Albertans and Alberta communities. For additional information on the Alberta Drug Strategy, please visit <a href="https://www.aadac.com">www.aadac.com</a>.

### deal.org

eal.org is a website-based program that has been developed by youth in conjunction with the RCMP to create a forum for educating and engaging youth on issues that are important to them. The website focuses on a variety of concerns that youth may have to deal with including substance abuse, internet safety, and healthy living. Ultimately, deal.org seeks to give youth the resources they need to make informed and healthy lifestyle choices.



A key part of the website is a section called the "Knowzone", dedicated to education and youth issues. The "Knowzone" describes the different types of drugs, talks about the law and drugs, and provides information on drug effects. This section, however, does not limit itself to drug education. In order to have a broad impact on the decisions that youth make, this site also offers information on other important issues such as discrimination, violence and heathy living. The goal is to educate youth and to prevent them from making potentially harmful decisions.

deal.org also assists youth in areas like social well-being and physical health. A "how to" section provides advice for becoming more independent, such as applying for a credit card, applying for scholarships, or facing challenges associated with college. Young journalists who have experience dealing with these transitions offer their advice to deal.org visitors. Thus, the site maintains a connection with youth that is relevant and strives to build life skills.

Another great feature of the site is the "webzine" (a web-based magazine) published monthly on the site. Each "webzine" contains three to five articles on a myriad of topics of interest to youth such as racism, street racing, and ways to spend your summer. The "webzine" takes an approach that attempts to not only inform youth but also to relate to them on multiple levels of interest. A new addition to the site is "Blog It!" The blogs were created to function as deal.org's primary youth engagement tool and, above all else, to provide a safe space online where young Canadians can express themselves. This tool allows youth to connect and talk about their communities, celebrate their achievements and discuss the issues that are important to them. Subject-matter experts and police officers will also be blogging and answering questions.

In addition to direct youth resources, deal.org offers information for parents and teachers. A section called the "toolbox" contains presentations for teachers, police or youth leaders to run educational programs on issues such as internet safety and impaired driving. These resources include outlines for icebreakers and other activities that are both creative and educational. A brief section in the "Knowzone" also gives parents and teachers a hand in understanding young people by sharing the youth's perspective on issues like giving advice, being home alone and cyber safety.

deal.org is a comprehensive, unique resource run by youth for youth. Instead of focusing simply on substance abuse, the website engages young people on a wide range of issues, hoping to have a positive impact on their lifestyle choices.

# Better Together Schools: A Comprehensive, Collaborative Project

he Alberta Alcohol and Drug Abuse Commission (AADAC), the Alberta School Boards Association (ASBA) and Alberta Education are working together to assist school communities to develop comprehensive school strategies that support substance abuse prevention. The *Better Together Schools* initiative, now in year two, was developed in 2005 as a pilot project in three school districts. Each *Better Together Schools* site brought together school administration, teachers and other community stakeholders to identify local concerns and priorities and to develop *Better Together Schools* action plans that were comprehensive, focused on the strengths of students, multi-layered and appealing. Ongoing consultation, training and funding were provided by AADAC to support the activities included in the *Better Together Schools* Action Plans.

The three pilot *Better Together Schools* sites were selected by the Alberta School Boards Association. The Brooks, Lethbridge and Morinville/Legal communities represented school communities that were motivated to participate in a *Better Together Schools* pilot, and keen to provide other districts and divisions with valuable information about effective substance abuse prevention strategies. AADAC worked with each *Better Together Schools* team to develop local school strategies based on best practice. Action plans included activities such as: enhancing peer mentorship opportunities for students, train-the-trainer workshops for educators, supporting greater involvement of parents in establishing school culture and community, and delivering substance abuse prevention programs in and out of the classroom. Three additional school districts were selected by the Alberta School Boards Association to participate in the second year of *Better Together Schools* project: Buffalo Trail Public Schools Division, Christ the Redeemer School District and Holy Family Catholic Regional Division #37.

The Alberta School Boards Association has highlighted the successes of the pilot sites at their annual conference and has enthusiastically supported ongoing participation in the *Better Together Schools* projects. Alberta Education has participated on the *Better Together Schools* Working group, offering valuable feedback and consultation to the initiative.

If you have any questions about the *Better Together Schools* project please contact your local AADAC office or Shiela Bradley, Provincial Prevention Coordinator, AADAC at shiela.bradley@aadac.gov.ab.ca or telephone: (403) 297-4673.

### New Institute for the Prevention of Crime

he Institute for the Prevention of Crime (IPC) seeks to bring together the best scientific knowledge from the most authoritative sources so that Canadians will enjoy the lowest rates of crime and victimization possible.

It strives to make this knowledge accessible to policy makers, practitioners, universities and the media, and to develop the capacity of Canadians to use evidence-based crime prevention. It collaborates with all orders of government, civil society and practitioners to prevent crime in an affordable, responsible and sustainable way.

Their web site at <a href="www.prevention-crime.ca">www.prevention-crime.ca</a> presents the core of this knowledge. It shares the conclusions on the risk factors that contribute to crime and what has been successful in tackling them. It also catalogues the recommendations from parliamentary committees, Canadian associations and international groups such as the World Health Organization (W.H.O.). Finally, it focuses on the role that cities can play in comprehensive strategies to get better investment in what reduces crime.

The site provides a "glance" at crime trends in Canada as well as surveys of public attitudes to prevention, and a guide to other sources. It provides information on the IPC, its goals, its projects, its personnel and ways to support its mission.

### D.A.R.E. (Drug Abuse Resistance Education)

A.R.E. is a drug and violence prevention/education program taught by police officers to Elementary, junior high school and high school students. The program began in Los Angeles in 1983, spreading across the U.S. and parts of Canada, including Alberta in the early 1990's. In 1995, Edmonton served as the site for the first Canadian D.A.R.E. officer training.

D.A.R.E. has been the subject of numerous studies; some prove the program's effectiveness while others question its long-term effectiveness. Generally, research indicates D.A.R.E. has immediate, short-term positive effects on students' knowledge, attitudes, skills and behaviour. Evidence of the program's long-term effectiveness as a substance abuse prevention program is limited.

Although it is an extremely popular program, critics say the program failed to incorporate empirically supported prevention principles into the D.A.R.E. curriculum. In response, in 2004 program designers re-developed the elementary and junior high curriculum. The program was shortened from 17 to 10 sessions, now uses active learning techniques and builds on students' decision-making skills. Risk factors and protective factors are also very important in addressing youth drug prevention and are presented as "resiliency" in the curriculum. D.A.R.E. continually integrates fresh content into the program to ensure it remains state-of-the-art.

To re-design the new elementary curriculum, a panel of experts followed these prevention principles:

- 1. Target youth early, and focus on periods of life transition.
- 2. Consider developmental stages and reading levels. Child development and reading experts were part of the D.A.R.E. panel.
- 3. Hands-on and minds-on experiences (interactive methods) foster new and expanded understandings and beliefs. All of the D.A.R.E. lessons involve student participation using a variety of approaches.
- 4. Facilitator training improves outcomes. D.A.R.E. provides officers with intensive training in the use of the curriculum.
- Specific skills can improve outcomes, including decision-making, media literacy and communication skills. All are included in the curriculum. A central feature of the new design is the D.A.R.E. Decision-Making Model.
- 6. Recognition and focus on youth:
  - Knowledge of risk,
  - Healthy attitudes towards substances,
  - Accurate normative awareness.

While consistency in programming is important, lessons must also be appropriate to the cultural and social context of each school and classroom. This means that D.A.R.E. officers need to be flexible and select alternative materials, activities, and teaching strategies that they believe are appropriate for their students while staying consistent with the principles of the curriculum. The officer training includes an understanding of the principles in order for appropriate modifications and adaptations to be made.

In 2004, researchers conducted a Pan-Canadian review of the D.A.R.E. program in six diverse Canadian schools piloting the new D.A.R.E. curricula in grades 7 and 8, including two schools in Alberta. Overseen by a national advisory committee with Government of Alberta representation, the review focused on quality of implementation and the immediate effects of the program from the perspectives of teachers, parents and youth. The evaluation also explored the relationship between student reactions to D.A.R.E. and measures of anxiety, sensitivity and sensation seeking. A review of the program's long-term effectiveness was not an objective of the study.

Results showed that mentors and teachers had very positive views on the delivery of the program and believed it would be effective. The majority of students also reported that they found most aspects of D.A.R.E. enjoyable

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# Crime Prevention in

### Anti-Drug Programs in St. Albert, Morinville, and Legal

he Greater St. Albert Catholic School Division and local Protestant schools are partnering with the RCMP to pilot a new project. The RCMP is using Alberta Alcohol and Drug Abuse Commission (AADAC) resources to create a junior high school drug awareness program in seven schools. The Edmonton *Expecting Respect* Program has been awarded a grant from the Federal Drug Strategy to develop peer education training in the St. Albert, Morinville and Legal area. Complementing these projects, individual schools are initiating a number of other prevention activities.

The Morinville/Legal CORE LYNKS committee has several projects underway. One of those is the *Better Together Schools* Project (see article on page 6). AADAC and the Alberta School Board Association are partnering to demonstrate the development of comprehensive and coordinated substance abuse prevention and early intervention programs. Three sites were chosen during the 2005/06 year and three new sites for this year. Some of the other initiatives of the CORE LYNKS committee include:

- The Big Brother/Big Sister project. High school students are trained to mentor elementary students.
- An education/prevention campaign in newspapers and bulletins.
- The wrap-around committee. Agencies meet regularly to collaborate on providing support to students and families experiencing difficulties.
- A committee to look at the feasibility of building a youth centre.
- A provincial leadership conference for youth in October.

The overall goal of the work being done in the St. Albert, Morinville, and Legal area is to reduce risk factors and to increase protective factors in the community's youth and to increase young peoples' involvement and connection to their communities. For more information, please contact AADAC Youth Services at (780) 422-7383.

### **Edson and District Drug Action Coalition**

perating since October 2003, the Edson and District Drug Action Coalition has worked diligently to develop and deliver effective local drug abuse prevention programs.

Members of the coalition include representatives from both the public and private sectors such as Child and Family Services, Grande Yellowhead Regional School Division, Alberta Alcohol and Drug Abuse Commission (AADAC), Town of Edson, Royal Canadian Mounted Police (RCMP), Westview Student Health, Chamber of Commerce, Community Learning Society, as well as people affected by substance abuse.

In spring 2006, the coalition sponsored two speakers to travel to schools in Jasper, Hinton, Edson, Whitecourt, Evansburg and Drayton Valley as part of the *BRight Traveling Speaker Series*. Funded by Burlington Resources, the speakers reached approximately 2500 students, their teachers and support staff.

One of the presenters of the *BRight Traveling Speakers' Series* was Steve Harmer, a former principal who brought his one hour program "Courage, Character and Caring" to students in grades 4 to 7. Using illusions, puzzles and magic tricks, Steve challenged students to make positive choices regarding citizenship and their behaviour. The show captured the imagination of students by using magic to help

# Your Neighbourhood

make abstract concepts concrete and easy to understand.

Another presenter Norbert Georget, is a motivational speaker who brought his one hour *Smart Youth Power Assembly* about teenage drinking and driving, substance abuse, and peer pressure to students in grades 8 to 12. Through his unique delivery style, he encouraged students to make responsible, healthy choices for themselves and to use positive peer pressure to create positive and healthier communities.

Representatives from Burlington Resources, as well as local members of the RCMP, Alberta Alcohol and Drug Abuse Commission (AADAC) and other social service agencies were available at the presentations to ensure students were aware of local resource people in their communities.

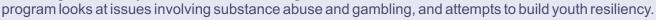
The local media was of great assistance in supporting the speakers' series by providing airtime and newspaper space to profile the presentations.

For more information, contact Edith Zuidhof-Knoop at Edith.Zuidhof-Knoop@aadac.gov.ab.ca.

# **Use of Leaps and Bounds by the Lethbridge Regional Police Service**

n the fall of 2004, the Lethbridge Regional Police Service was looking for alternatives to the DARE program. After contacting AADAC, the police learned about the *Leaps and Bounds* program and decided to have school resource officers teach it in the grade 6 classrooms as an eight-session program. The Lethbridge community and the police service have actively promoted the program as a positive measure towards crime prevention.

Developed by the Alberta Alcohol and Drug Abuse Commission (AADAC), *Leaps and Bounds* is a school resource aimed at educating elementary school students from grades 4 to 6. The





Leaps and Bounds focuses on a number of issues pertaining to addictions. Initial lessons educate students to the facts, effects, and issues of drug use and participation in gambling activities. The program provides accurate information that is not intended to scare students, but rather to lead them to make informed decisions when faced with choices about substance abuse or gambling.

Leaps and Bounds also addresses the causes of substance abuse and gambling problems. Lessons examine how substance abuse and gambling can arise, paying particular attention to self-esteem and stress relief. The lessons give students positive, alternative methods of dealing with issues such as stress. Finally, lessons in the program prepare students for decisions they might face in the future, and encourage them to make healthy lifestyle choices when these decisions arise.

The strength of the *Leaps and Bounds* program is that it is user-friendly and flexible. The Lethbridge police report few challenges in adapting and delivering the program, even though it was originally designed to be delivered by teachers. Flexibility of the program allows the police to make choices as to the concepts and community specific issues they are going to emphasize.

For more information, contact Sgt. Kevin Talbot at (403) 327-2210.

# Alberta Crime



Cst. Richard Huculiak



Central Agencies Insurance James Mayer



Rat Creek Press Karen Mykietka



Bonnyville Coalition for Addiction Free Living Florence Senecal



Calgary Chinese Community Community Action Project Service Association Candy Poon



Development Team Steven Hoise



Maskwacis Youth Justice Elders Alec Piche



Bronwyn Shoush accepting on behalf of Susan Aglukark



Julia Cardinal



Karen Gariepy



Brian Holmberg



Ralph Sell



Routh Soult



Beat of Boyle Street

2006 **Alberta Solicitor General & Public Security Crime Prevention Award** Recipients



# Prevention Week

# 2006 Alberta Solicitor General and Public Security Crime Prevention Award Recipients

### **Business Category**

**Central Agencies Insurance** 

### **Media Category**

Rat Creek Press

### **Community Organization Category**

Bonnyville Coalition for Addiction Free Living
Calgary Chinese Community Service Association
Community Action Project Development Team
Maskwacis Youth Justice Elders

### **Individual Category**

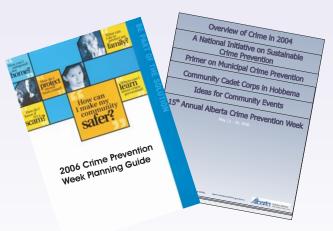
Susan Aglukark
Julia Cardinal
Karen Gariepy
Brian Holmberg
Ralph Sell
Ruth Soult

### Youth Leadership Category

**Beat of Boyle Street** 

### **Alberta Crime Prevention Week**

A time to promote community safety through crime prevention education and awareness.



- The Crime Prevention Planning and Awareness Guide is a Resource for communities to use in creating greater public awareness and knowledge about crime issues in Alberta and strategies to prevent victimization.
- The guide is mailed out to a variety of community agencies across the province and is available for download on the Alberta Solicitor General and Public Security website:

  www.crimeprevention.gov.ab.ca.

#### Continued from Page 5

and relevant to their lives. Significantly, students in the focus groups showed that they retained knowledge from their previous D.A.R.E. programming from elementary school and several participants indicated that the new curriculum built upon the lessons learned in earlier grades. Suggestions for improving D.A.R.E. were to reduce the amount of material to alleviate time pressures and allow more time between grades 5/6 and grades 7/8 presentations.

As a result of the research questioning the effectiveness of D.A.R.E., and the financial costs associated with training and using police officers to teach the program, the Government of Alberta has been cautious in providing direct financial support to police services and communities to use the program. The province believes that programs should be well grounded, and supports programs that contribute to safer and healthier Alberta communities in a cost effective manner.

The integration of empirically supported prevention principles in the D.A.R.E. curriculum is encouraging. As the new curriculum continues to be used and evaluated, the Government of Alberta is committed to reviewing program findings and to assessing the cost benefits and role of D.A.R.E. in the Alberta context.

If you would like us to profile a promising crime prevention initiative your organization is involved in, please contact Crime Prevention and Restorative Justice Programs at (780) 427-3457.

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### **Partners in Crime Prevention**







Public Safety and Emergency Preparedness Canada Sécurité publique et Protection civile Canada









