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**RESILIENCY WORKSHOP TO HELP ADULTS HELP YOUTH**

WHITEHORSE – Health and Social Services Minister Brad Cathers announced today that Alcohol and Drug Services branch is organizing a presentation aimed at helping kids resist alcohol and drug addiction.

The two-hour presentation, titled “Nurturing Nature of Support,” will take place on Wednesday, Nov. 22 at 7 p.m. at the Gold Rush Inn in Whitehorse.

“As part of the Yukon government’s overall Substance Abuse Action Plan, it is important to provide addictions awareness and educational resources to the Yukon public,” Cathers said. “Understanding how we can help our young people to resist alcohol and drug addictions is a key element in helping them to lead healthy, productive lives.”

Staff from Prevention Services will discuss how to help youth build on existing strengths to remain addictions free. The presentation will focus on resiliency, which addresses the reasons why some people who, in spite of difficult circumstances in their childhood, overcome these hardships to build strong, fulfilling lives in adulthood.

A workshop on Resiliency Theory will be delivered to helping professionals the day before the public presentation.

The public information session is open to anyone interested in learning more about increasing support for the youth in their life, or for anyone interested in making a positive difference in the life of a child.

Please see attached backgrounder on Resiliency Theory.

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## **BACKGROUND – RESILIENCY THEORY**

Much research has looked at how childhood trauma and adversity in a child's life can cause problems later in life. This approach only partially explains why people from difficult childhoods grow into the adults they become. The other part of the picture is those adults who, despite adversity and trauma in childhood, become well-functioning adults.

The area of research that has looked at how people overcome difficulties and become healthy adults has resulted in a theory of resiliency. Resiliency theory speaks to the reasons *why* some people overcome the adversity they were exposed to as children. Research has discovered some key areas in which families, friends and communities can help youth build strengths in order to increase their ability to cope with difficulties they may face.

The concept of resiliency is increasingly used as an effective method of learning how adults can help prevent youth from developing substance abuse problems. It's another way of doing prevention – a way that builds on strengths, looks at personal assets and provides encouragement and validation for those adults who have already been “doing the right thing.”

Helping professionals are being offered the opportunity to take a full day workshop on Resiliency Theory, as it provides a knowledge base that is valuable for most helping disciplines.

This workshop has been delivered in some Yukon communities and is offered to all communities by Prevention Services at Alcohol and Drug Services.

Prevention Services provides addictions awareness and education resources to the public, as well as material related to substance abuse prevention. The unit also provides training, presentations, addictions related resource material and prevention based consultations to all Yukon communities.