

IMPROVE YOUR MENTAL HEALTH – WITHOUT DRUG USE...

PART ONE



Coalition of Alcohol and Drug Educators

Dalgarno
INSTITUTE






WHO here has done the
ICE BUCKET CHALLENGE?



A WORLD FREE OF ALS!!



Over \$50 million raised! Is ALS still here? Yes! So what, we give up? NO! We keep working until we get break through

This debilitating disease, robs you of movement, coordination and proper speech – then pain and uncontrollable actions emerge? Diminishes your capacity, ability and even dignity!

I know another thing that will do that quicker than almost anything – Particularly at your age?

A Wc

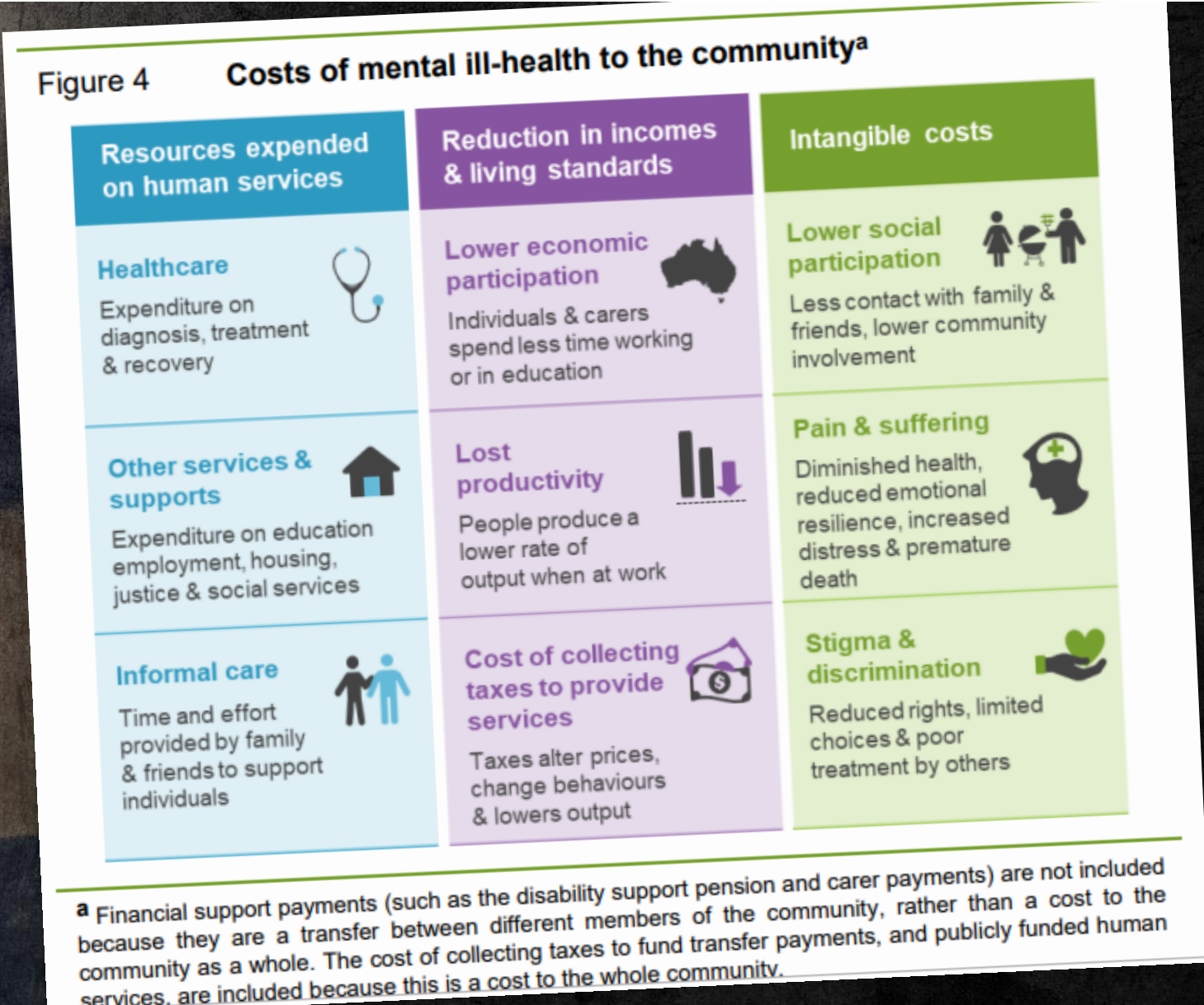
AS!!

The background of the image is a close-up of cannabis leaves, which are green with serrated edges. The entire image is overlaid with a semi-transparent purple and red gradient, creating a moody and intense atmosphere. The text "DRUG USE!" is centered in a bold, white, sans-serif font.

DRUG USE!

ILLICIT DRUG USE
IS A KEY FACTOR IN
POOR MENTAL
HEALTH

THE SOCIAL AND ECONOMIC BENEFITS OF IMPROVING MENTAL HEALTH
PRODUCTIVITY COMMISSION: ISSUES PAPER - JANUARY 2019

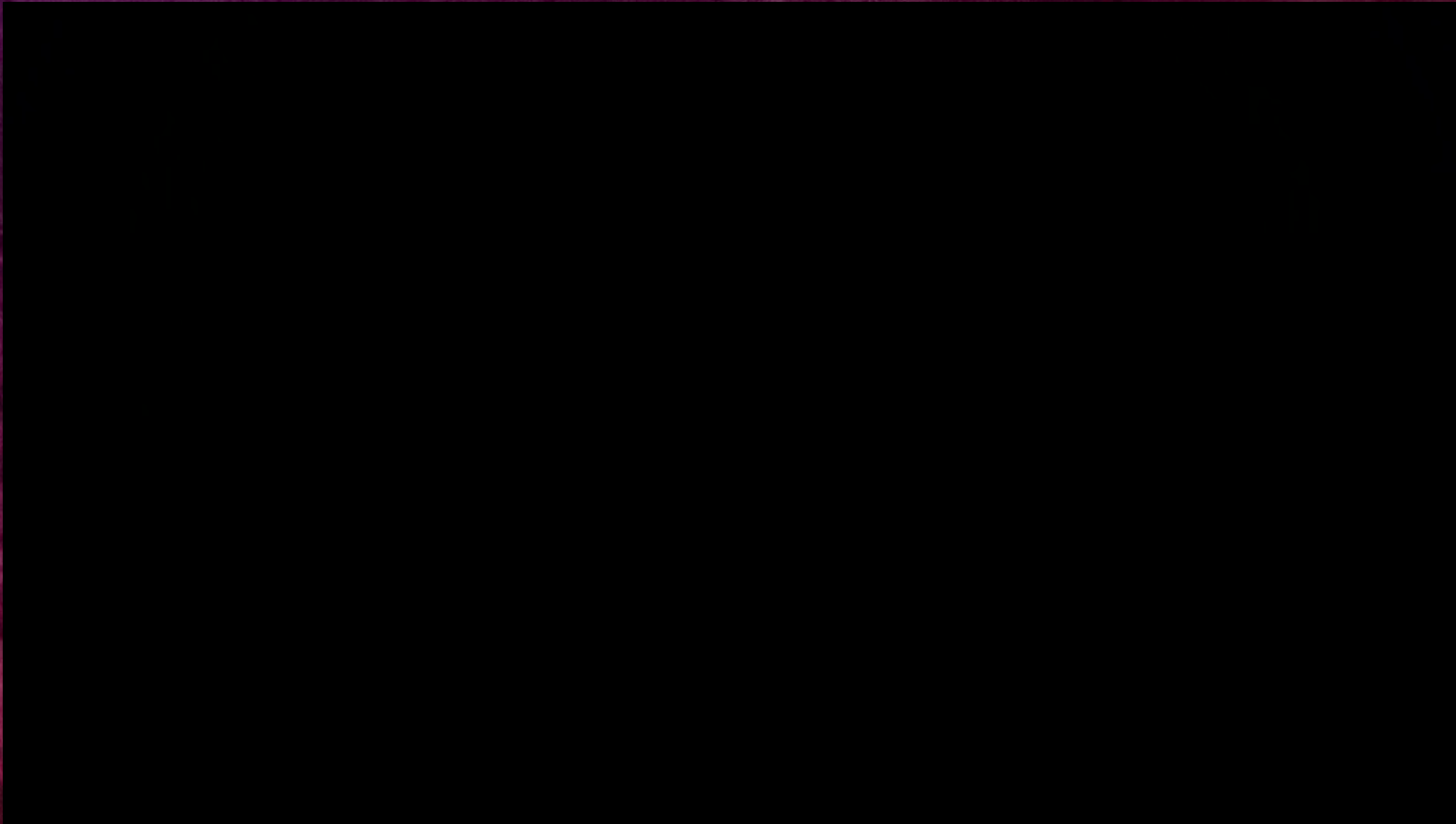


CHICKEN OR EGG?

- Mental health issues are a growing problem, and tragically, it seems drug use may be both a ‘chicken and egg’ when it comes to this messy space.
- By chicken we mean, for the developing brain, trying to deal with stress, anxiety and sadness by using illicit drugs can be what ‘lays the egg’ of mental health condition.



MARIJUANA AND MENTAL HEALTH ISSUE DEVELOPMENT – CHECK OUT HOW YOUR BRAIN REACTS TO CANNABIS USE.

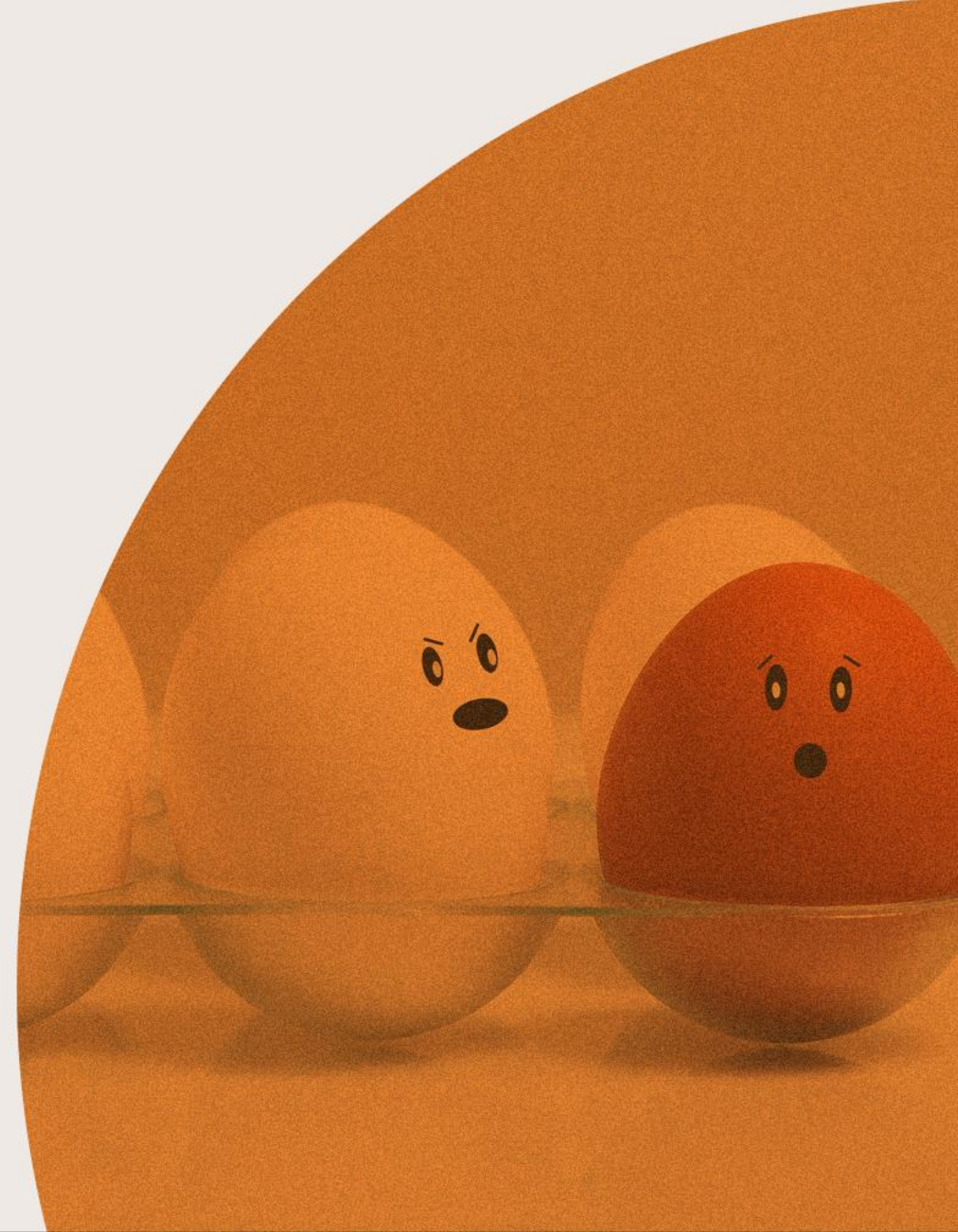


<https://www.youtube.com/watch?v=s27f7Jzy2k0>

IMPROVE YOUR MENTAL HEALTH WITHOUT DRUG USE. PART ONE.

CHICKEN OR EGG?

- By Egg, we mean that people can be already struggling with these persistent mental health conditions and decide to ‘self-medicate’ with a substance.
- This may (or may not) ‘calm it down’ or ‘pep you up’, but it doesn’t last and then only ‘hatches’ more mental health problems.



CHIME MENTAL HEALTH RECOVERY MODEL

Nobody deliberately seeks to actively worsen their health, but with mental health, we need to be even more careful what we put into our system when trying to address an issue that we may be struggling with.

So, a better option?

Want to introduce you to **C.H.I.M.E.:**

https://www.scottishrecovery.net/wp-content/uploads/2016/10/Conceptual_framework_CHIME.pdf

CHIME

CHIME (mental Health recovery model, is also useful for Alcohol & Other Drug recovery too)
(Use a HAND graphic)

- **Connectedness**
- **Hope**
- **Identity**
- **Meaning**
- **Empowerment**

https://www.scottishrecovery.net/wp-content/uploads/2016/10/Conceptual_framework_CHIME.pdf



TIME TO 'TO GET A GRIP!'

Getting a Grip on some key essentials that will help you not only 'hold' to good practice but can also help you, help your friends 'get a grip' too!



IDENTITY

MEANING

HOPE

EMPOWERMENT

CONNECTEDNESS

CLIME

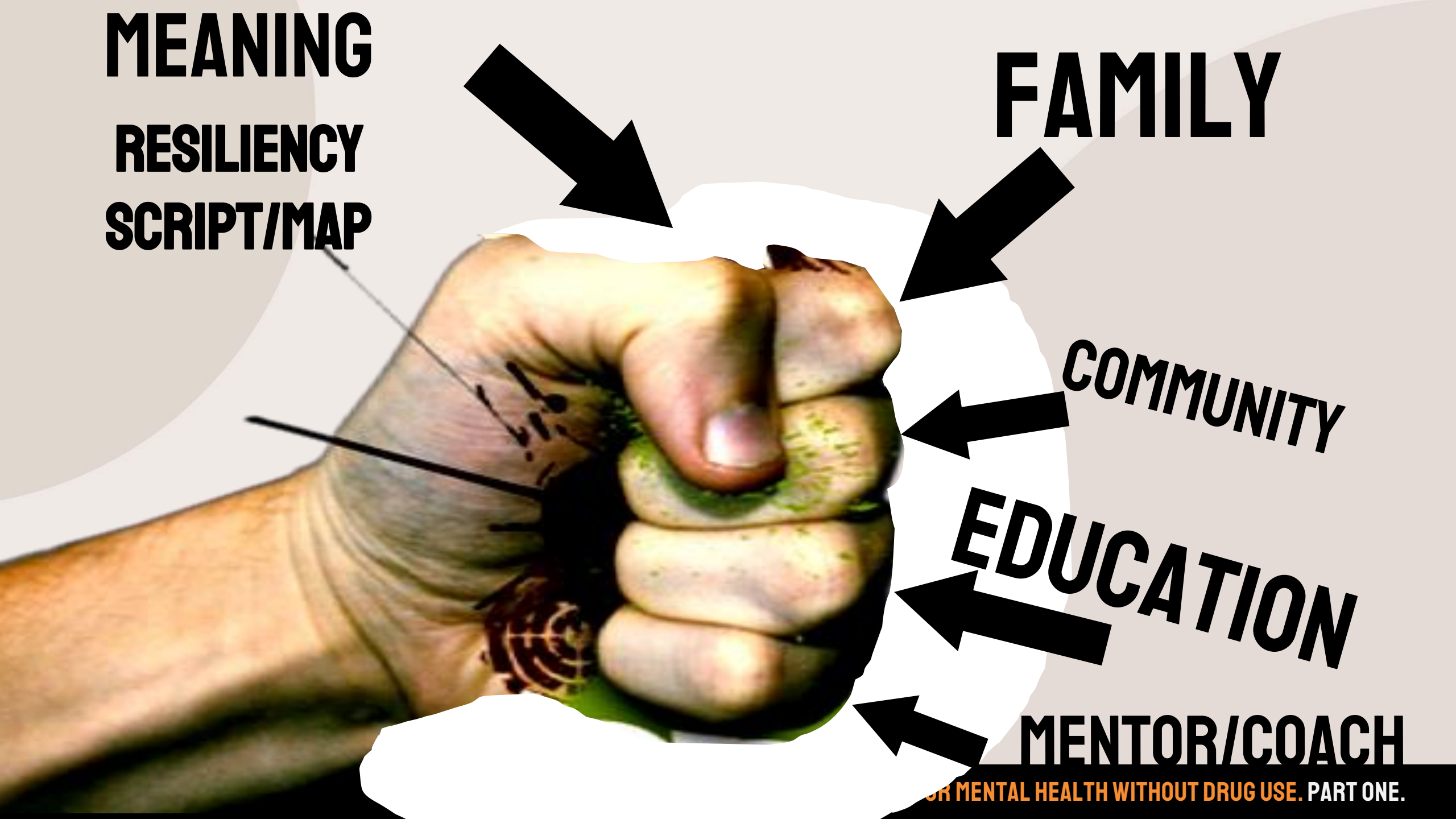
MEANING
RESILIENCY
SCRIPT/MAP

FAMILY

COMMUNITY

EDUCATION

MENTOR/COACH





**POSITIVE
PARENT/S**

**HEALTH CARE
PROFESSIONAL**

**TRUSTWORTHY
FRIEND**

**TEACHER OR OLDER
MENTOR**

**TRUSTWORTHY
FRIEND**

DEVELOPING YOUR 'HELPING HAND'

TALKING THERAPIES

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QLFNUWIHF5G](https://www.youtube.com/watch?v=QLFNUWIHF5G)



<https://www.youtube.com/watch?v=qlFnUWihF5g>

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““

QUOTE OF THE MOMENT



““

**MOST OF YOUR UNHAPPINESS
IN LIFE IS DUE TO THE FACT
THAT YOU ARE LISTENING TO
YOURSELF INSTEAD OF
TALKING TO YOURSELF.**

DR. LLOYD-JONES

””



TAKE-A-WAYS:

SCRIPT BUILDER POINTS



This week identify your ‘Helping Hand’ Network – Who are your significant others (hopefully at least one parent is on this ‘helping hand’) These are your ‘go to’ relationships that help build your RS and Bungee Rope – problem solving skills, persistence of will and the hope that comes from encouragement, wisdom and support