

Secondary School Resource Guide

Call a School Public
Health Nurse at
519-663-5317
extension 3060 for
more information



ML BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

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Section 1: Introduction

Welcome to the Middlesex-London Health Unit, Secondary School Resource Binder. This resource was created by the Young Adult Team in order to provide reliable and consistent information about health unit services, clinics, local and provincial community resources and curriculum related links for all staff working with youth.

It is also available on-line at www.healthunit.com under the school section. Both this binder and the on-line resource will be updated annually or as required, for example, if there are changes in legislations or standards.

Public health nurses will evaluate how the resource is used by contacting various staff during the year. We hope you will find the contents helpful and welcome any feedback regarding this resource. Comments can be left at the Middlesex-London Health Unit secondary school line at 519-663-5317, ext. 3060.

Section 2: Anaphylaxis INTERNET RESOURCES		
Program Name	Web URL	Target Audience
Anaphylaxis Canada Information Programs Products Registry	http://www.anaphylaxis.ca/ This site offers parents, schools, camps, and children information aimed at keeping individuals suffering from life-threatening allergies safe. Helpful tips, a speakers bureau, and downloadable lesson plans for all grade levels are examples of some of the resources available	General Public Kids living with anaphylaxis
Anaphylaxis e-learning module	www.eworkshop.on.ca/edu/anaphylaxis	School staff
Epipen Canada	www.epipen.ca	General Public and health care professionals
LDCSB	http://www.ldcsb.on.ca/schoolservices/programs/SafeSchools/sabrinaLaw.htm	School staff
Ontario Ministry of Education Legislation and tools	http://www.edu.gov.on.ca/eng/healthyschools/anaphylaxis.html	Parents, students, school staff

Section 2: Anaphylaxis TEACHING RESOURCES			
Program Name	Available at	Description	Grades
Anaphylaxis Canada	http://www.safe4kids.ca/content/schools/schools.asp	Downloadable lesson plans and activities	Kindergarten to high school
Anaphylaxis e-learning module	www.eworkshop.on.ca/edu/anaphylaxis	This website has been developed to assist school boards, principals, teachers, staff and others who play an important role in helping to create safer environments for pupils with life-threatening allergies. It contains vital information on how to develop strategies to reduce the risk of anaphylaxis and how to respond in the	School Staff

Section 2: Anaphylaxis			
TEACHING RESOURCES			
Program Name	Available at	Description	Grades
		event of an emergency, in compliance with Sabrina's Law.	
Anaphylaxis in School and other Settings Resource Kit	This learning resource complete with CD information, guide and practice injectors was sent to all Ontario schools in spring 2011.	Comprehensive resource kit to anaphylaxis	Self-guided resource package for staff

For more information please consult your school's 2011 Anaphylaxis Resource Kit provided by the Ministry of Education

ANAPHYLAXIS RESOURCE KIT

TROUSSE D'INFORMATION SUR L'ANAPHYLAXIE



2011



THE RESOURCE KIT INCLUDES:

- Auto-injector training devices (EpiPen® Trainer and Twinject® Auto-Injector Demonstrator)
- Canadian Society of Allergy & Clinical Immunology's Consensus Statement Manual, *Anaphylaxis in Schools & Other Settings, 2nd Edition (Revised)*
- Instructional DVDs
- Awareness Posters
- Information Pamphlets

NOTE: Devices included in this kit are training devices only. They do not contain any needles or medication.

LA TROUSSE INCLUT :

- Des démonstrateurs d'auto-injection (démonstrateurs EpiPen® et Twinject®)
- La publication de la Société canadienne d'allergie et d'immunologie clinique, *L'anaphylaxie à l'école et dans d'autres milieux, 2^e édition (révisée)*
- Des DVD éducatifs
- Des affiches de sensibilisation
- Des brochures

REMARQUE : Les dispositifs inclus dans cette trousse servent uniquement à la formation; ils ne contiennent ni aiguilles ni médicament.

For Online Anaphylaxis Training, please visit:
www.eworkshop.on.ca/allergies

Pour le module d'apprentissage en ligne, rendez-vous à
www.atelier.on.ca/allergies

This kit replaces the 2009 Anaphylaxis Resource Kit. Please discard the 2009 kit.

Cette trousse remplace l'édition 2009 de la Trousse d'information sur l'anaphylaxie, qui ne doit plus être utilisée.



Section 3: Guide to Common Infections and Reportable Illness

[Guide to Common Infections and Reportable Illness](#)

Fifth Disease

Fifth Disease and Pregnancy

[Scabies](#)

Bedbugs

[Pinkeye \(Conjunctivitis\)](#)

MLHU – Secondary School Resource Guide

Section 4: Weather Questions		
INTERNET RESOURCES		
Program Name	Web URL	Target Audience
Air Quality Index	http://www.airqualityontario.com/science/aqi_description.php	General Public
City of London Emergency Management	http://www.london.ca/d.aspx?s=/Emergency_Management/default.htm Information about severe weather, personal and family emergency planning, workplace planning, pandemic planning and other web links	General Public
Environment Canada weather office	http://www.weatheroffice.gc.ca/canada_e.html Latest information on current weather including satellite, radar, watches and warnings	General Public
Health related illness (MLHU)	http://www.healthunit.com/article.aspx?ID=10589	General Public
MLHU Emergency Services	http://www.healthunit.com/emergency.aspx	General Public
UV Index	http://www.healthunit.com/article.aspx?ID=14583	General Public

What is the Air Quality Index? (From Ontario Ministry of the Environment)

The Air Quality Index (AQI) is an indicator of air quality, based on [air pollutants](#) that have adverse effects on human health and the environment. The pollutants are ozone, fine particulate matter, nitrogen dioxide, carbon monoxide, sulphur dioxide and total reduced sulphur compounds.

Several state-of-the-art air monitoring stations, operated by the Ministry across the province, form the [Air Quality Index \(AQI\) network](#).

The ministry takes real-time air quality data from its AQI monitoring sites to produce AQI readings for each location. AQI readings are reported to the public and news media hourly. The public can access the index values by calling the ministry's automatic telephone answering device (English recording: 1-800-387-7768 or in Toronto 416-246-0411. French recording: 1-800-221-8852). The AQI can also be obtained from the ministry's Web site: www.airqualityontario.com

Here's how an AQI is determined:

- At the end of each hour, the concentration of each pollutant, measured at each site, is converted into a number ranging from zero upwards, using a common scale, or index. The calculated number for each pollutant is referred to as a sub-index.
- At a given site, the highest sub-index for any given hour becomes the AQI reading for that hour. The index is a relative scale, in that, the lower the index, the better the air quality.

Here's what the readings mean:

AQI Reading	Category	Risks
Below 16	Very Good	None identified
16-31	Good	None identified
32-49	Moderate	Some adverse effects for very sensitive people
50-99	Poor	May have adverse effects for sensitive members of human and animal populations, and may cause significant damage to vegetation and property
Above 99	Very Poor	May have adverse effects for a large proportion of those exposed.

http://www.airqualityontario.com/science/aqi_description.php

Section 5: Sexual Health and Teen Pregnancy				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>AIDS Committee of London</p> <p>#30-186 King Street London, ON N6A 1C7</p> <p>http://www.hivaidsection.ca/</p> <p>519-434-1601 Toll-Free: 1-866-920-1601</p>	<p>Counselling, referrals and practical supports for people living with or affected by HIV/AIDS. Open Closet, a support group for gay, lesbian, bisexual and transgender youth. CounterPoint Needle Exchange.</p>	<p>Open Closet: Youth 14-18 years of age</p> <p>Other services are open to individuals of any age</p>	<p>Local referrals to Open Closet are accepted from friends family and schools</p>	<p>None</p>
<p>Bethesda Centre</p> <p>54 Riverview Avenue London, On</p> <p>(519) 438-8371</p> <p>bethesdacentre@yahoo.com</p>	<p>The Bethesda Centre offers accommodation, counselling and support to teenage girls during their pregnancy and after the birth of their babies. At Bethesda, the expecting mothers live in a supportive and positive residential environment where they are able to continue their education while also learning how to care for and nurture their babies.</p> <p>The Second Stage Independent Living program for parenting teenagers and the Cantara Childcare and Parenting Resource Centre</p>	<p>Pregnant teen girls</p>	<p>Call to determine space availability</p>	<p>Free</p>
<p>Birthright London</p> <p>854 Richmond Street, London, ON N6A 3H8</p> <p>www.birthright.org</p>	<p>Crisis centre offering confidential support and friendship to help clients carry their babies to term and offers alternatives to abortion * information and referral in medical, emotional, financial and legal matters and childbirth education * pregnancy tests * maternity and baby clothes</p>	<p>Women of any age who are distressed by an unplanned pregnancy seeking alternatives to abortion</p>	<p>Self referral - telephone</p>	<p>None</p>

Section 5: Sexual Health and Teen Pregnancy				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
519-432-7197 Hours: Mon-Thurs 9-11 (after hours by appointment)	available			
London Crisis Pregnancy Centre 261 Piccadilly St London, ON N6A 1S3 www.notalone.ca Office: 519-432-2073 Crisis: 519-432-7098 Hours: Mon-Thurs 10-4, Fridays by appointment 24 hour crisis line	Practical, emotional and spiritual support to those in distress as a result of a crisis pregnancy, during and following the pregnancy to new mothers, fathers and families, as well as post abortive women. Provides counselling, family support, pregnancy tests, prenatal classes, locates housing if required and provides maternity and baby (infant) clothes.	Adults and youth affected by crisis pregnancy including post-abortion women	Self referral - telephone	None
Options Clinics- Anonymous HIV Testing London InterCommunity Health Centre 659 Dundas St London, ON N5W 2Z1 http://lihc.on.ca/options-anonymous-hiv-testing-clinic/ 519-673-4427 Hours: Mon, Tue, Fri 9am-5pm Wed 9am-9pm Thurs. 10:30am-5pm	Free information about HIV and its testing is provided by telephone or walk-in * provides anonymous HIV testing with 20 minute test results (privacy is protected with no identification required) * pre-test counselling about HIV transmission, risks, testing, concerns, implications of either positive or negative test results and referral to community services is followed by a post-test appointment to discuss the results and provide further counselling * outreach services and education	Individuals seeking HIV testing	Self Referral- Telephone	None

Section 5: Sexual Health and Teen Pregnancy				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>London InterCommunity Health Centre <i>Huron Heights Plaza</i> 1355 Huron St, Unit 7 London, ON N5V 1R9</p> <p>519-659-6399</p> <p>Hours: Tues. 1:30-5 pm * appointment required</p>				
<p>The Clinic</p> <p>Middlesex-London Health Unit 50 King St., London</p> <p>www.healthunit.com</p> <p>519-663-5446</p> <p>Hours: <u>Birth Control Clinic</u> By appointment only, evenings available</p> <p><u>STI Clinic</u> Mon & Wed. 5-7pm Fri. 8:30-10:30am Drop-in. No Health Card required</p> <p><u>Pill Purchase</u> Mon-Thurs 9am – 7pm Fri. 8:30 am – 4pm</p>	<p><u>Birth Control Clinic</u></p> <p>The Birth Control Clinic offers birth control, pregnancy testing, and counseling, emergency contraception, Pap tests and breast exams. Clients are counselled about birth control options, most of which can be purchased at The Clinic at an affordable price. Clients can attend the Birth Control Clinic by appointment only and must present a valid health card at each visit</p> <p><u>Sexually Transmitted Infections (STI) Clinic</u></p> <p>The STI Clinic operates on a drop-in basis. No appointment is required and clients do not have to present a health card. STI testing and treatment are provided at no charge. Emergency contraception and pregnancy testing is also available.</p>	<p>Women up to 50 years old</p> <p>Males and Females any age</p>	<p>Self Referral</p>	<p>Birth Control and Emergency Contraception can be purchased at reduced rates.</p> <p>Testing and Treatment are free.</p>

Section 5: Sexual Health and Teen Pregnancy				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Women’s Health Care Centre & Pregnancy Options Program</p> <p>London Health Sciences -Victoria Hospital</p> <p>www.lhsc.on.ca/womens</p> <p>519-685-8204</p> <p>Hours: Mon-Fri 8-4</p>	<p>Health clinic providing gynecological and obstetrical services, pregnancy options and abortion clinic, colposcopy and laser clinic for abnormal pap smears, amniocentesis clinic and endometrial ablation clinic</p>	<p>Women of all ages</p>	<p>Medical referrals and appointments are required.</p> <p>Abortion clinic is self-referral, call for an appointment.</p>	<p>None (Health Card required)</p>

Section 5: Sexual Health and Teen Pregnancy		
INTERNET RESOURCES		
Program Name	Web URL	Target Audience
<p>Calgary Sexual Health</p>	<p>http://www.calgarysexualhealth.ca</p>	<p>Comprehensive sexual health information available for public and professionals</p> <p>Teachers resources available for purchase</p>
<p>Canadian Federation for Sexual Health</p>	<p>www.cfsh.ca</p>	<p>Place to get all information you need about STIs, birth control and more</p>

Section 5: Sexual Health and Teen Pregnancy		
INTERNET RESOURCES		
Program Name	Web URL	Target Audience
Go Ask Alice - Sexuality	http://www.goaskalice.columbia.edu	A question and answer internet site produced by Columbia University's Health Education Program – a division of the Columbia University Health Services. Provides factual, non-judgmental information to assist decision making
Health Canada	www.hc-sc.gc.ca – search sexual health	Offers information on prevention and control of STIs along with links to resources, statistics, educational materials and support programs
Middlesex London Health Unit	www.healthunit.com – Health Information – Sexual Health http://www.getitonlondon.com	Sexual Health information available on the Middlesex London Health Unit Website
Pflag	http://www.pflag.ca	Parents and friends of lesbian and gay individuals. Information fro Canadians struggling with issues of sexual orientation and gender identity
Planet Ahead	www.planetahead.ca	A funky web space for teens with information on all things about sex and sexual health
Public Health Agency of Canada	http://www.phac-aspc.gc.ca/std-mts/faq-eng.php	A website about sexual health and sexually transmitted infections

Section 5: Sexual Health and Teen Pregnancy INTERNET RESOURCES		
Program Name	Web URL	Target Audience
Rainbow health	http://www.rainbowhealth.ca	Addresses the various health and wellness issues that people have who have sexual and emotional relationships with people of the same gender.
Smarter Sex (Bacchus network for Health Education)	http://www.smartersex.org/safe_sex/sex_myths.asp	Teen friendly website which includes info on male and female anatomy, dating, healthy relationships, safe sex, birth control and STIs, Program ideas.
Spiderbytes	www.spiderbytes.ca	Cool website for teens about sexual health information
Teenwire	http://www.plannedparenthood.org/info-for-teens/	A very cool and interactive website that covers everything from abortion, to birth control, sexually transmitted infections and more
Women's Health Matters	www.womenshealthmatters.ca	The source for reliable, evidence-based and up-to-date information on women's health and lifestyle issues
Youthline	http://www.youthline.ca	Provides information and support to youth who are lesbian, gay, bisexual, transgender, intersex, queer or questioning

Section 5: Sexual Health and Teen Pregnancy			
TEACHING RESOURCES			
Program Name	Available at	Description	Grades
Middlesex London Health Unit Clinic Tours	Contact Lisa Kelliher at 519-663-5317 ext 2320 Lisa.kelliher@mlhu.on.ca	Tour of the sexual health clinic with a presentation on birth control and STIs	9-12
Peel Public Health	http://www.peelregion.ca/scripts/school/health101.pl?action=curriculums	Lesson plans for secondary school teachers on sexual health and other curriculum areas	9-12
Safe and Healthy Schools	http://www.safehealthyschools.org	Provides links to research, planning and assessment tools, lesson plans and how to manuals	K-12
Sexuality and u	http://sexualityandu.ca/teachers	Lesson plans for teachers on sexuality, online videos, free resources and comprehensive sexual health information	9-12
Sieccan: The Sex Information and Education Council of Canada	http://www.sieccan.org	Includes document “Common Questions About Sexual Health Education” which provides answers to the most common questions that parents, educators, program planners, school and health administrators may have about health education	9-12
Teaching Sexual Health	http://www.teachingsexualhealth.ca	An Alberta web site for teachers with links on how to teach sexual health, lesson plans and resources	7-12

Section 6: Mental Health COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Adolescent Outreach Regional Mental Health Care</p> <p>850 Highbury Ave London, ON N6A 4H1</p> <p>www.sjhc.london.on.ca/mentalhealth</p> <p>Intake: 519-631-6568</p>	<p>Provides one-on-one community-based (home, school, community setting) counselling including consultation, education, assessment, treatment, community integration and Dialectical Behavioural Therapy</p>	<p>Youth 13 – 17 years old</p>	<p>Self referral - intake through Coordinated Access Program</p>	<p>Covered by OHIP</p>
<p>Child & Adolescent Mental Health Care Program</p> <p>Children’s Hospital/London Health Science Centre</p> <p>www.lhsc.on.ca/About/Us/Childrens_Hospital/</p> <p>Intake: 519-667-6640</p>	<p>Provides services to children and youth with mental health disorders. Provides family therapy, individual therapy, group therapy and pharmacotherapy (medication therapy)</p> <p><u>Crisis and Emergency Services</u> - Child and adolescent psychiatry emergency coverage is offered through the emergency department</p> <p><u>Day Treatment Services</u> - Offers assessment and treatment for individuals requiring more intensive services than available through the outpatient program but not requiring hospitalization</p>	<p>Children and youth 17 and under</p>	<p>Requests for psychiatric consultations must be supported by a physician referral</p>	<p>Covered by OHIP</p>

Section 6: Mental Health COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
	<p><u>Eating Disorders Services</u> - Services for children and youth experiencing Anorexia Nervosa, Bulimia and eating problems including restricting, bingeing, purging, excessive exercising and low body weight</p> <p><u>Inpatient Services</u> - Services for children and adolescents requiring short term admission for crisis stabilization and assessments of urgent mental health problems</p> <p><u>Outpatient Services</u> - Offers outpatient mental health services including crisis support, assessment, psychiatric consultation and treatment</p>			
<p>Crisis Intake Team</p> <p>519-433-0334 (crisis and intake line)</p>	<p>Provides intake assessment, crisis intervention, brief solution-focused counselling and support services for children and families with serious behavioural, emotional and social problems.</p>	<p>Youth with mental health issues, 12-21 years.</p>	<p>Self referrals (from parents, youth over 12 years of age, school officials, courts, other service providers)</p>	<p>None</p>

Section 6: Mental Health COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Daya Counselling</p> <p>141 Dundas St, 6th Fl London, ON N6A 1G3</p> <p>www.dayacounselling.on.ca</p> <p>519-434-0077</p>	<p>Provides counselling and education programs that respect people's human and spiritual nature * offers access to affordable, quality counselling to those in our community who otherwise could not afford this service</p>	All ages	Self or agency referral * counselling by appointment only	Set fee * sliding scale available.
<p>Family Service Thames Valley</p> <p>125 Woodward Ave London, ON N6H 2H</p> <p>Some services are also available in other locations.</p> <p>www.familyservicethamesvalley.com</p> <p>519-433-0183</p>	<p>Provides individual, couples, family and group counseling and support services</p> <p>Community Counselling Program - Provides short term therapeutic counseling to individuals, couples and families</p> <p>Family Service Employee and Family Assistance Program (FSEAP) - Counselling services, post-trauma debriefing and wellness programs for the employees of organizations or companies</p> <p>Group Counselling - Various support groups for women and men that are offered on a rotating basis at different times of the year</p>	All ages	Self referral - telephone * complete brief telephone interview to determine eligibility and appropriate service	<p>Varies per program</p> <p>Note: The Family Service Employee and Family Assistance Program may be available at no charge through your employer</p>

Section 6: Mental Health				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
	<p><u>Sexual Abuse Services Program - London Region</u> - Provides short term strengths-based counselling for women who have experienced sexual abuse or sexual assault</p>			
<p>First Episode Mood and Anxiety Program (FEMAP)</p> <p>860 Richmond St London, ON N6A 3H8</p> <p>www.femap.ca</p> <p>519-646-6000 ext 65178</p>	<p>Provides assessment and treatment of youth who are experiencing their first difficulties with mood and/or anxiety problems * psychiatrists are available for evaluation and treatment-planning as well as individual and group therapy * treatment with medications and/or psychotherapy are both available * addictions treatment is also available for co-occurring addiction issues * conducts ongoing research</p> <p>Current recruitment for scientific studies includes depression, bipolar disorder, regular marijuana use, repetitive self-injury (cutting, burning), and anyone who has had any emotional concerns and has been reluctant to seek help</p>	<p>Youth 16-25 years with limited or no past psychiatric treatment and relatively recent onset of problems from mood and/or anxiety symptoms</p>	<p>Self referral - telephone</p>	<p>Most services covered by OHIP</p>
<p>Kids Help Phone</p> <p>1-800-668-6868</p>	<p>Free, anonymous confidential phone and on-line professional counselling services for youth.</p>			

Section 6: Mental Health				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>London and District Distress Centre</p> <p>www.londondistresscentre.com</p> <p>519-667-6711 (distress line)</p> <p>519-667-6709 (administration)</p>	<p>Confidential short-term crisis intervention and telephone support services operated by trained volunteers.</p>	<p>Those in crisis and wanting to talk – all ages</p>		<p>None</p>
<p>Mental Health Crisis Service</p> <p>519-433-2023</p>	<p>Crisis counselling by phone. Calls answered 24 hours a day. Other services such as face to face counselling, psychiatric and crisis assessment by registered nurses and peer support counsellors are available as deemed appropriate.</p>	<p>Adults and youth 16 years and older.</p>	<p>Self-referral</p>	<p>Free</p>
<p>Prevention and Early Intervention Program for Psychoses (PEPP)</p> <p>800 Commissioners Rd E London, ON N6A 5W9</p> <p>519-667-6777</p> <p>www.pepp.ca</p>	<p>Community focussed mental health program that provides screening, assessment and treatment to individuals with a first episode of psychosis.</p>	<p>Adults and youth 16-50 years</p>	<p>Open referral system - telephone * screening appointments are offered within two working days</p>	<p>Most services covered by OHIP</p>

Section 6: Mental Health		
INTERNET RESOURCES		
Program Name	Web URL	Target Audience
www.Mentalhealth4kids.ca	Website providing information about mental health related services for youth, their parents, educators and health care providers	Children 0 to 18 years, parents, educators and health care providers
Mindyourmind.ca	The award winning web site provides information, games and discussion in a youth friendly and non-judgemental way	Youth and service providers

Section 6: Mental Health			
TEACHING RESOURCES			
Program Name	Available at	Description	Grades
Ontario Physical and Health Education Association (OPHEA)	www.ophea.net	Most schools have OPHEA binders with lesson plans.	
Mindyourmind	www.mindyourmind.ca/partners/tvdsb/	In this series students have the opportunity to practice goal-setting, decision-making, social, and interpersonal skills. Students explore both positive and negative effects of stress, explore some common mental health problems and describe the influence of mental health on overall wellbeing	Grades 9 - 11
Alberta Alcohol and Drug Abuse Commission (AADAC)	www.aadac.com	AADAC offers lesson plans and activities for the classroom	
Center for Addiction and Mental Health (CAMH)	www.camh.net/curriculum/	Lesson plans in English and French that meet the expectations of the substance use and abuse component of the new Grade 1-10 Ontario Health and Physical Education	Grades 1 - 10 Mental Health Grades 11 - 12

Section 6: Mental Health			
TEACHING RESOURCES			
Program Name	Available at	Description	Grades
		Curriculum and the mental health component of Grade 11-12	
Media Awareness	http://www.media-awareness.ca/english/teachers/index.cfm	Resources that help students deconstruct and think critically about messaging in alcohol ads and compare these messages to the real consequences of drinking, and to help them better understand and contextualize all the factors that contribute to underage drinking habits.	Grades 4- 11

Section 7: Addictions & Substance Misuse – (see also Mental Health)				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Addiction Services of Thames Valley</p> <p>200 Queens Ave, Ste 260 London, ON N6A 1J3</p> <p>Problem Gambling: 519-673-3242 ext 234</p> <p>Substance Abuse: 519-673-3242 ext 222</p> <p>www.adstv.on.ca</p>	<p>Community based organization providing assessment and treatment of people with substance abuse and problem gambling issues * awareness and education program</p>	<p>Adults and youth who are affected by substance use, abuse and dependence or gambling problems *clients with minor mental illness are accepted</p>	<p>Self referral - telephone * call to make an appointment</p>	<p>No fees for most services</p>
<p>Alcoholics Anonymous</p> <p>www.aalondon.org</p> <p>519-438-9006</p> <p>Help Line: 519-438-1122 (24 hour)</p>	<p>Daily meetings for individuals dealing with alcoholism. meetings Call for locations and times.</p>	<p>Individuals must have a desire to stop drinking alcohol</p>	<p>Self referral - telephone</p>	<p>None</p>
<p>Impaired Minds Produce Actions Causing Trauma (IMPACT)</p> <p>Victoria Hospital 800 Commissioners Rd E, Box 5010, Rm E1-129 London, ON N6A 5W9</p>	<p>Provides students with information about the impact of trauma on themselves, their families and their futures as a result of motor vehicle collisions related to alcohol and drug use * rehabilitation component</p>	<p>Grade 11 London students who have taken or are enrolled in the Drug Awareness Program through the London Police</p>	<p>Application is made through a high school teacher</p>	

Section 7: Addictions & Substance Misuse – (see also Mental Health)				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
519-685-8500 ext 56041				
MADD – London Chapter Tel: (519) 645-1350 www.maddlondon.com maddlondon@bellnet.ca	MADD London chapter can provide victim impact speakers and interactive displays at your school events.		Complete online application form	Usually at no charge
MADD Canada School Assembly http://www.madd.ca/english/youth/maddatschool.html	MADD Canada's School Assembly Program brings high-energy, drug and alcohol awareness and risk reduction messaging.			Call for details. Subsidies may be available
Substance Misuse Package for Parents http://www.ldcsb.on.ca/schools/jp2/pdfs/Parents-Substance%20Use%20Suspension%20Package%202.pdf	A resource package for parents of students that have been found to be in possession or under the influence of drugs in school		n/a	n/a
Substance Misuse Package for Students http://www.ldcsb.on.ca/schools/jp2/pdfs/Students-Substance%20Use%20Suspension%20Package%202.pdf	An educational activity for use by students that have been found to be in possession or under the influence of drugs in school		n/a	n/a

Section 7: Addictions & Substance Misuse – (see also Mental Health)				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Youth Gambling Awareness Program</p> <p>250 York St, Ste 330 London, ON N6A 6K2</p> <p>www.ymcawo.ca</p> <p>519-645-7553 ext 2224</p>	<p>Educational prevention programs designed to raise youth awareness about gambling, healthy/active living</p>	<p>Parents or health professionals , who influence or work with youth, 8-24 years, living in Ontario</p>	<p>Self referral - telephone</p>	

Section 7: Addictions & Substance Misuse – (see also Mental Health)		
INTERNET RESOURCES		
Program Name	Web URL	Target Audience
<p>Ontario Student Drug Use & health Survey</p> <p>By CAMH</p>	<p>http://www.camh.net/Research/osdus.html</p>	<p>This self-administered, anonymous survey is conducted across the province every two years. Topics covered include: tobacco, alcohol and other drug use and harmful consequences of use, mental health indicators, physical health indicators, health care utilization, body image, gambling and video gaming behaviours and problems, violence and bullying, criminal behaviours, school connectedness, and family life.</p>
<p>Safegrad</p>	<p>www.safegrad.com</p>	<p>Students, staff and parents involved in helping students plan safe parties throughout the school year.</p>
<p>Virtual Party</p>	<p>http://www.virtual-party.org/</p>	<p>Students practice decision making and get ready to get real about partying.</p>

Section 7: Addictions & Substance Misuse – (see also Mental Health)			
TEACHING RESOURCES			
Program Name	Available at	Description	Grades
Center for Addiction and Mental Health (CAMH)	www.camh.net/curriculum	Lesson plans in English and French that meet the expectations of the substance use and abuse component of the new Grade 1-10 Ontario Health and Physical Education Curriculum and the mental health component of Grade 11-12	Grades 1 - 12
Lungs are for Life	http://www.lungsareforlife.ca/	Free program materials include teaching modules, posters, brochures, and more in English and French. There is also a module for the Community Involvement and Teacher Advisor Program (TAP).	K - 12

Section 8: Medical, Dental, Vision and Drug Programs

Dental Treatment Resources

Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>CINOT (Children in Need of Treatment)</p> <p>Through Middlesex-London Health Unit</p> <p>50 King St.</p> <p>519-663-5317 ext. 2231</p>	<p>Health Unit will pay for basic dental treatment for children age 17 years and younger who need urgent or immediate dental care when parents do not have a dental plan and cannot afford treatment.</p> <p>Child may attend any participating dentist but health unit must approve the child before any treatment provided</p>	<p>For children in need</p>	<p>Self referral</p> <p>Health Unit needs to approve treatment</p>	<p>Free</p>
<p>Dental Outreach Community Services</p> <p>Operated by:</p> <p>Boys and Girls Club 184 Horton St.</p> <p>Contact: Christopher Hood 519-434-9114 ext. 235</p> <p>Limberlost Chaplaincy</p> <p>Contact: Yasmin Hussain 519-472-2459</p>	<p>Examinations, x-rays, cleanings and basic fillings.</p> <p>Extractions and more difficult restorations are carried out at the Schulich School of Dentistry throughout the year by arrangement.</p> <p>It does NOT cover orthodontics, root canals, dentures and crowns -- they are not included in the treatment.</p>	<p>Low income families who have no dental insurance</p> <p>Patients must reside within catchment area or be members of their resource centre.</p>	<p>Self-referral</p> <p>Not a walk in clinic- must make appt.</p> <p>All patients are screened</p>	<p>Free</p>

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Dental Treatment Resources				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Trinity Presbyterian Chaplaincy Contact: Sheila McMurray 519-434-9114</p> <p>Glencairn Community Centre Contact: Noelle Fletcher 519-668-2745</p> <p>Southdale Chaplaincy Contact: Kate Ballagh-Steeper 519-685-2771</p> <p>Salvation Army at Millbank/Southdale Contact: Captain Gary O'Reilly 519-668-0025</p>				
<p>Healthy Smiles Ontario Program</p> <p>Phone: 519-663-5317 ext. 2231</p>	<p>Dental services from a dentist or dental hygienist for cleanings, fillings, x-rays and scaling</p> <p>Cosmetic dentistry such as teeth whitening and orthodontics not included</p>	<p>Children under 18, Household income less than \$20,000 and not accessing other programs.</p>	<p>Self referral</p>	<p>Free-Contact Middlesex-London Health Unit for appointment to determine eligibility</p>
<p>Middlesex London Health Unit Dental Clinic</p> <p>50 King Street 519-663-5449</p>	<p>Dental services from a dentist or dental hygienist for cleanings, fillings, x-rays and scaling</p>	<p>City of London Ontario Works clients</p>	<p>Self referral</p>	<p>Free</p>

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Dental Treatment Resources				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Middlesex- Ontario Works (County Welfare)</p> <p>Contact 519-434-7321 ext. 2272 with questions or to register</p>	<p>Routine dental care including check-ups every 9 months. Can attend health unit dental clinic or a dentist of their choice.</p> <p>Those over 18 receive only limited emergency services</p>	County Welfare families	Application to County Welfare	Proper identification (current month Statement of Assistance and Drug Card)
<p>Ontario Works – London (City Welfare)</p> <p>For youth age 17 and under whose families are on city welfare</p> <p>Contact 519-661-5910 with questions.</p>	<p>Routine dental care including check-ups every 9 months</p> <p>Can attend health unit dental clinic to a dentist of their choice.</p> <p>Those over age 18 years are eligible for emergency care for filling in two teeth and four extractions in 6 months</p>	City Welfare clients	Application to City Welfare	Statement of Assistance and Drug Card) are required at the dental office

Medical Care Resources - Other				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Family Health Clinic (through Middlesex-London Health Unit)</p> <p>Care provided by a Nurse Practitioner (NP)</p> <p>519-663-5317 ext. 2317 for clinic times, locations or to make an appointment</p>	<p>Well baby and child checkups, Screening for health problems, Immunizations, Treatment of common health problems such as ear infections, rashes and bladder infections, Referrals to specialists, Pregnancy planning/care, Parenting help and support, Family planning and contraception.</p>	<p>Families of children birth to age 6</p> <p>High school students who do not have a family doctor</p>	Self-referral	Free

Medical Care Resources - Other				
Program Name & Address	Services Provided	Target Audience	Application	Fees
Healthline.ca http://www.thehealthline.ca	Health and social service information for Middlesex-London area and Southwestern Ontario. Topics Include: abuse, sexual assault, addictions, workplace/environmental health, mental health, sexual and reproductive health, parenting, basic needs, social supports, services for those with disabilities, legal services, healthy living etc.	General public	website	Free
London and District Academy of Medicine www.ldam.ca 426 Central Ave. London, ON N6B 2E5	Contact to find family doctor accepting new patients Mediates complaints of a minor nature between patients and doctors who are members of the academy.	General public	Self-referral	Free Set fee for mediation
Telehealth Ontario http://www.health.gov.on.ca/en/public/programs/telehealth/ phone: 1-866-797-0000 TTY: 1-866-797-0007	Free confidential access to a registered nurse 24 hours a day, 7 days a week. Services available in English and French.	General public	Self-referral	free

Prescription Drug Coverage				
Program Name & Address	Services Provided	Target Audience	Application	Fees
Ontario Works <u>London:</u> 151 Dundas St., 2 nd floor Phone: 519-661-4520	Coverage for drugs that are listed in the Ontario Drug formulary and prescribed by an approved health care professional	Ontario Works clients	Self-referral	As per Ontario Works guidelines

Prescription Drug Coverage				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p><u>County:</u> County Building 399 Ridout St. Phone: 519-434-7321</p>				

Urgent Care Centres	
<p>Urgent care offers one-stop patient services for those who have a non-life threatening illness or injury and need immediate treatment, such as fever, earaches, eye injuries, cuts, sprains and broken arms or any injury that cannot wait for a family physician. Wide range of on-site diagnostics is available including x-rays, ultrasounds and laboratory tests. Most services covered by OHIP.</p>	
<p>South London Urgent Care and Walk-In Clinic 595 Bradley Ave, London, ON N6E 3Z8 519-681-8300</p>	<p>St Joseph's Health Care, London - St Joseph's Hospital - Urgent Care Centre 268 Grosvenor St, Box 5777, London, ON N6A 4V2 519-646-6100 ext 67020</p>

Walk-in clinics	
<p>Walk-in medical clinics provide prompt medical care for people who are sick and do not have a family doctor or are unable to reach their family doctor. Generally, appointments are not needed. It is best to call before visiting to check the clinic's hours as they are subject to change. The clinics are often busy and many stop registering new patients up to two hours before the listed closing times. Covered by OHIP.</p>	
North-East	Northwest
<p>Adelaide Medical Centre 1080 Adelaide St N, Unit 7, London, ON N5Y 2N1 519-850-6937</p> <p>Children's After Hours Clinic for children age 16 and under 101 Fanshawe Park Rd E, London, ON N5X 3V9 519-850-3800</p>	<p>Grace Medical Clinic 279 Wharncliffe Rd N, London, ON N6H 2C2 519-850-9018</p> <p>London Medicentre 611 Wonderland Rd N, London, ON N6H 4V6 519-471-6686</p> <p>Western Medical Walk-In Clinic 240 Wharncliffe Rd N, Ste 201, London, ON N6H 4P2 519-435-0111</p>

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<p><u>Highbury Medical Clinic</u> 1345 Huron St, London, ON N5V 3E3 519-659-2331</p> <p><u>Oxford Medical Walk-In Clinic</u> 140 Oxford St E, Ste 102, London, ON N6A 5R9 519-433-4999</p>	<p><u>Hyde Park Medical & Walk-In Clinic</u> 640 Hyde Park Rd, Unit 4, London, ON N6H 3S1 519-641-3627</p>
<p>Southeast</p>	<p>Southwest</p>
<p><u>AIM Health Group - Medical Centre</u> 1657 Dundas St E, London, ON N5W 3C6 519-951-6564</p> <p>AIM Health Group - Medical Centre 320 Adelaide St S, London, ON N5Z 3L2 519-668-3969</p> <p><u>Clarke Road Medical Centre</u> 155 Clarke Rd, London, N5W 5C9 519-455-1100</p> <p><u>Southdale Medical Walk-in Clinic</u> 395 Southdale Rd E, London, ON N6E 1A2 519-691-0100</p>	<p><u>AIM Health Group - Medical Centre</u> 1051 Wonderland Rd S, London, ON N6K 3X4 519-685-0083</p> <p><u>Commissioners Medical Walk-In Clinic</u> 1 Commissioners Rd E, London, ON N6C 5Z3 519-668-2400</p> <p><u>Doctors Walk-In Medical Clinic</u> 641 Commissioners Rd E, Unit 105, London, ON N6C 2T9 519-963-0232</p> <p><u>Ernest Medical Walk-In Clinic</u> 1101 Jalna Blvd, Unit 2, London, ON N6E 3B3 519-668-2208</p> <p><u>Clinicare Walk-in Clinic</u> 844 Wonderland Rd S, Unit 1, London, ON N6K 2V8 519-471-1800</p> <p><u>Westmount Medical Walk-in Clinic</u> 925 Wonderland Rd S, London, ON N6K 3R5 519-641-6081</p>
<p>Central</p>	<p>Middlesex County</p>
<p><u>Medpoint Health Care Centre</u> 355 Wellington St, Ste 233, London, ON N6A 3N7 519-432-1919</p>	<p><u>West Middlesex Walk-in Clinic</u> 17 Frank St, Strathroy, ON N7G 2R2 519-245-1609</p>

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Vision Care Resources				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Eye Glasses Assistance</p> <p>Contact Public Health Nurse through school or at the Middlesex-London Health Unit</p> <p>Phone: 519-663-5317 ext 3060</p>	<p>Assist with the purchase of eye glasses following an eye exam</p>	<p>Low income students in school not currently receiving Ontario Works or ODSP</p>	<p>Contact public health nurse for vision assist form</p>	<p>Free or low cost</p>
<p>Ontario Disability Support Program – (ODSP)</p> <p>Phone: 1-800-268-1154</p> <p>Families receiving ODSP that do not have vision care coverage under OHIP or through a private insurance plan, may be able to get help with vision care costs</p>	<p>Routine eye exams (once every two years) for entire family covered under ODSP</p> <p>Assistance with cost of prescription eye glasses (once every three years) and eyeglass repairs for parents and their children under age 18</p> <p>Children over 18 may be able to get help with cost of prescription eye glasses and repairs through Ontario Works discretionary benefits</p>	<p>ODSP clients and their families (with children age 18 and under)</p>	<p>Self referral</p> <p>Contact local ODSP to request a vision Care authorization form</p> <p>Take form to optometrist or optician for completion</p>	<p>Free</p> <p>Frames and lenses are covered to a maximum amount.</p>
<p>Ontario Health Insurance – (OHIP)</p>	<p>Annual eye exams and major eye exams for patients with medical conditions that affect the eyes such as infections or diseases</p>	<p>Children and Youth under age 20</p>	<p>N/A</p>	<p>Free</p>
<p>Ontario Works</p> <p><u>London:</u> 151 Dundas St., 2nd floor Phone: 519-661-4520</p>	<p>Prescription eye glasses or repairs</p> <p>Routine eye exams for clients age 20-64 once every two year. Eye exams for those age 19 and under covered by OHIP</p>	<p>Ontario Works clients</p>	<p>Self-referral</p>	<p>As per Ontario works guidelines</p>

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Vision Care Resources				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<u>County:</u> 399 Ridout St. Phone: 519-434-7321				

Section 9: Immunizations				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>London Travel Clinic www.londontravelclinic.com</p> <p>520 Sarnia Road London ON</p> <p>Operated by Dr. Ole Hammerberg</p> <p>519-432-5508</p>	<p>Medical Assessments and Immunizations for International Travel.</p> <p>An independent pharmacy with special inventory for travelers is located on-site for convenience. The medical pharmacies have all vaccine and travel prescription medications in-stock. They also carry numerous non-prescription health travel products including sun blocks, insect repellent, mosquito nets treated with insect repellent, electrolyte rehydration solutions, first aid supplies, personal disinfectants and diarrhea agents.</p>	General Public	Self referral by appointment	Dependent on type of immunization
<p><u>Middlesex-London Health Unit Immunizations</u></p> <p>London: 50 King Street Every Monday, Wednesday and Friday 9:00 a.m. to 4:00 p.m. First and Third Wednesday of each Month 9:00 a.m. to 7:00 p.m. 519-663-5317 ext. 2330</p> <p>Strathroy: Kenwick Mall 51 Front Street East First Tuesday of every Month 3:30 to 7:30 p.m.</p>	Variety of immunizations available to general public, infants to seniors. No appointment necessary. No health card required.	General Public	Self referral	Dependent on type of immunization Some are free.

Section 9: Immunizations				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p><u>The Travel Immunization Clinic</u></p> <p>Middlesex-London Health Unit 50 King Street, London, ON Lower level</p> <p>Operated by Dr. David Colby</p> <p>To book your appointment visit, email travel@mlhu.on.ca or call 519-663-3395</p>	<p>Travel health advice and immunizations, pre-travel medical assessment, education about avoiding travel hazards for travel agents, schools, missionary groups and other organizations, executive security counselling and anti-terrorist preventative measures.</p>	<p>General Public</p>	<p>Self-referral by appointment only</p>	<p>Dependent on type of immunization</p>

Section 10: Woman Abuse COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Assaulted Women’s Helpline</p> <p>1-866-863-0511 #SAFE (#7233-Rogers, Fido, Bell, Telus cell phones)</p> <p>www.awhl.org</p> <p>24 hours daily</p>	<p>Confidential and anonymous crisis line</p> <p>Over 150 languages available through a linked interpreter service</p>	Women	Self referral - telephone	None
<p>Atlohsa Native Family Healing Services</p> <p>Crisis: 519-432-0122 Office: 519-438-0068</p> <p>www.atlohsa.com</p> <p>343 Richmond St., Suite 109 (Richmond St. and Clarence St.), London</p>	<p>Holistic approach for healing and recovery; drop-in centre, family support unit</p>	First Nations community	Self referral - telephone or visit website	None
<p>Carrefour de femmes du Sud-Ouest de l’Ontario</p> <p>519-858-0954 1-888-858-0954</p> <p>www.carrefourfemmes.on.ca</p> <p>Box 774, London, Ontario N6A 4Y8</p>	<p>Support for Francophone women 16 and over, dealing with sexual assault.</p> <p>Individual and group counselling; crisis line; referrals to other community services and accompaniment; awareness and education programs</p>	Women	Self referral - telephone or visit website	None

Section 10: Woman Abuse				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Femaide Crisis: 1-877-336-2433 www.femaide.ca</p> <p>24 hour helpline</p>	<p>24 hour phone line for French speaking women</p> <p>Free, anonymous and confidential support</p>	Women	Self referral - telephone	None
<p>London Abused Women's Centre</p> <p>519-432-2204 www.lawc.on.ca</p> <p>217 York St., Suite 107 (York St. and Clarence St.), London</p>	<p>Short term individual counselling, safety planning, 12-week group for support and education.</p> <p>Interpretation available</p>	Women	Self referral - telephone or visit website	None
<p>Regional Sexual Assault and Domestic Violence Treatment Centre</p> <p>Office: 519-646-6100, ext. 64224 www.sjhc.london.on.ca/sadv</p> <p>St. Joseph's Hospital, 268 Grosvenor St., Rm A3-501 (Grosvenor St. and Richmond St.), London</p>	<p>Comprehensive emergency, follow-up care and counselling to females and males who have been sexually or physically assaulted.</p> <p>Interpretation available</p>	Females and males.	Self referral - telephone or visit website	None

Section 10: Woman Abuse				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Sexual Assault Centre London</p> <p>Crisis: 519-438-2272; 1-800-529-2272</p> <p>Office: 519-439-0844</p> <p>www.sacl.ca</p> <p>370 Dundas St., Suite 121 (Dundas St. and Colborne St.), London</p>	<p>Sexual assault support services including individual assessment, support groups for women who have experienced sexual violence.</p> <p>Crisis line is for all survivors of sexual abuse.</p> <p>Other services are primarily for women over 16 years</p> <p>Interpretation available</p>	<p>Women</p>	<p>Self referral - telephone or visit website</p>	<p>None</p>
<p>Women's Community House</p> <p>Crisis: 519-642-3000</p> <p>Office (administration): 519-642-3003</p> <p>www.shelterlondon.org</p> <p>101 Wellington Road (Wellington Road and McClary Ave), London</p>	<p>Emergency shelter, housing, counselling and support to abused women and their children</p> <p>Interpretation available</p>	<p>Women and their children.</p>	<p>Self referral - telephone or visit website</p>	<p>None</p>

Section 10: Woman Abuse COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
<p>Women’s Rural Resource Centre of Strathroy and Area</p> <p>Crisis: 1-800-265-5390 (24 hr.) Office: 519-246-1526</p> <p>www.wrrcsa.org</p> <p>145 Beech Street, Strathroy</p>	<p>Counselling, safe shelter, second stage housing.</p> <p>Outreach counselling provided in Parkhill, Komoka, Delaware, Mount Brydges and Glencoe.</p>	<p>Women and their children.</p>	<p>Self referral - telephone or visit website</p>	<p>None</p>

Section 11: Tobacco – (see also Addictions)				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
Middlesex-London Health Unit Tobacco Enforcement Officer 519-663-5317 extension 2686 http://healthunit.com/articlesPDF/15579.pdf	The Tobacco Enforcement Officer enforces the Smoke Free Ontario Act and acts as a resource for schools.	Schools, students and community	Call for more info	none
Smokers Helpline www.smokershelpline.ca 1-877-513-5333	Free confidential information, advice, and support about quitting smoking. Online services include an interactive web-based quit program and online support group * text messaging service sends supportive text messages	All	Self referral - telephone or visit website	None

Section 11: Tobacco – (see also Addictions)		
INTERNET RESOURCES		
Program Name	Web URL	Target Audience
Lungs are For Life	http://www.lungsareforlife.ca/	Lungs Are For Life is The Lung Association's <i>free</i> school program for smoking prevention. It has been developed especially for Ontario teachers and students – from Kindergarten through Grade 12
Smoke Free Ontario Info	http://healthunit.com/article.aspx?ID=15793	Get accurate information about tobacco use, the laws, how to quit and more
Tobacco-Free Sport & Recreation Guide	www.playlivebetobaccofree.org	Play, Live, Be Tobacco-Free means that everyone taking part in a sport or recreational activity does not use tobacco industry products. It means participants, parents, coaches, spectators and leaders do not smoke, snuff, dip, or chew tobacco while engaged in sport and recreation.

Section 11: Tobacco – (see also Addictions)			
TEACHING RESOURCES			
Program Name	Available at	Description	Grades
Lungs are for Life	http://www.lungsareforlife.ca/	Free program materials include teaching modules, posters, brochures, and more. All Lungs Are For Life teaching modules are available: in both English and French.	K - 12
Middlesex-London Health Unit Resources for Loan http://healthunit.com/articlesPDF/16078.pdf	The Middlesex-London Health Unit's Tobacco Control Program offers several resources that can be borrowed to enhance your presentation on tobacco control topics. Certain marked items with an asterisks (*) require a presentation by Health Unit staff.	See online for details	

Section 12: Nutrition & Safe Food Handling		
Resource Name	Available at	Description
<p>Body Image Resources</p> <p>The Student Body: Promoting Health at any Size.</p>	<p>http://research.aboutkidshealth.ca/thestudentbody/module_healthyEating_step4.asp</p>	<p>The Student Body is a teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it. The target age for this resource is elementary aged student but the resource does provide excellent information. The sheds light on 6 areas of concern:</p> <ul style="list-style-type: none"> ▶ Media and Peer Pressure <ul style="list-style-type: none"> • ▶ Healthy Eating • ▶ Active living • ▶ Teasing • ▶ Adult Role Models • ▶ School Climate <p>These 6 learning modules utilize animated vignettes, videos and background information for teachers (and parents) so they can experience some of the positive and negative factors affecting body image and unhealthy eating habits.</p>
<p>A Quest for Health Program</p>	<p>www.sheenasplace.org/uploads/programs/QUEST.pdf</p>	<p>This program promotes choices to improve body-image, self-esteem and well-being towards the prevention of eating disorders.</p>

Section 12: Nutrition & Safe Food Handling		
Resource Name	Available at	Description
<p>BODYSENSE</p> <p>Eating Disorders</p>	<p>www.bodysense.ca</p> <p>For programming and services related to eating disorders please see the section on Mental Health.</p>	<p>An approach to building safe and healthy sport environments. This outreach initiative is dedicated to fostering positive body image in male and female athletes to proactively prevent disordered eating and muscle dysmorphia.”</p>
<p>Dietitians of Canada</p>	<p>www.dietitians.ca</p>	<p>The Dietitians of Canada website provides evidence-based food and nutrition information, tools and resources for teachers, students and the school community.</p>
<p>EatRight Ontario</p>	<p>www.eatrightontario.ca/en/Default.aspx</p> <p>www.eatrightontario.ca/en/askDisclaimer.aspx</p> <p>Call toll free 1-877-510-510-2</p>	<p>Evidence based Information, fact sheet and recipes on many nutrition topics.</p> <p>Send an email to our Registered Dietitians to get answers to your nutrition and healthy eating questions.</p> <p>Speak directly to a Registered Dietitian and get your questions answered on everyday food choices, disease prevention and popular nutrition topics.</p>
<p>Eating Well with Canada’s Food Guide</p> <p>Eating Well with Canada’s Food Guide A Resource</p>	<p>Multiple copies of <i>Canada’s Food Guide</i> and the <i>Resource for Educators and Communicators</i> can be accessed through the Middlesex-London Health Unit. Please call 519-663-5317 ext. 2221 to order the number of copies that you need. The order will be assembled and left at reception for pick up on a specified date. Copies of the Food Guide</p>	<p>Canada’s food Guide defines and promotes healthy eating for Canadians. It translates the science of nutrition and health into a healthy eating pattern.</p>

Section 12: Nutrition & Safe Food Handling		
Resource Name	Available at	Description
for Educators and Communicators	can also be downloaded at www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php	Resource for Educators and Communicators provides background information, tips and tools to complement each recommendation in Canada's Food Guide.
School Food and Beverage Policy (P/PM150) Related Resources		
School Food and Beverage Policy Resource Guide 2010	www.edu.gov.on.ca/eng/healthyschools/PPM150_Resource_Guide_2010.pdf	The full Resource Guide includes all the need to know information in one comprehensive resource.
School Food and Beverage Policy Quick Reference Guide 2010	www.edu.gov.on.ca/eng/healthyschools/PPM150Quick_Reference_Guide_2010.pdf	Intended to be used as a portable resource for purchasing food and beverages to offer for sale in your school.
P/PM 150 E-Learning Modules	http://healthy.apandrose.com	Learn about the School Food and Beverage Policy using these only learning modules (6 modules).
P/PM 150 Nutrition Calculator	http://healthy.apandrose.com/nst	Use the nutrition standards tool to assess how products with nutrition facts tables comply with the nutrition standards set out by the School Food and Beverage Policy.
P/PM 150 Fact Sheets	www.healthunit.com/sectionList.aspx?sectionID=435	Four fact sheets in total that provide information about healthy classroom rewards, healthy classroom celebrations, and healthy fundraising ideas.

Section 12: Nutrition & Safe Food Handling		
Resource Name	Available at	Description
Bake it Up!	www.nutritionrc.ca/resources/pdfs/nrc_bake-it-up.pdf	<i>Bake It Up!</i> is for parents, students, school councils, community volunteers and school staff to use when making baked goods to be sold in schools. All baked good recipes in this resource comply with the Ministry of Education's School Food and Beverage Policy.
Safe Food Handling Information Middlesex-London Health Unit	www.healthunit.com 519-663-5317 ext. 2300	General information about hand washing, food safety, and food safety at special events. Also included are downloadable posters related to hand washing, the "danger zone" as well as the 2 and 3 sink method for washing dishes. If you have a specific question related to food safety in your school you can call the Middlesex-London Health Unit and speak with a Public Health Inspector about your question.
Health Canada	www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/index-eng.php	Food safety information, food recalls, allergy alerts, food safety portal, interactive safe food handling guide and interactive food safety trivia game.
Canadian Food Inspection Agency	www.inspection.gc.ca/english/toce.shtml	Includes information on safe food handling, foodborne illness, curriculum information 9-12, campaigns and downloadable information and presentations.
Fight BAC	www.fightbac.org	

Section 13: Life Skills, Finance and Housing				
COMMUNITY RESOURCES				
Program Name & Address	Services Provided	Target Audience	Application	Fees
Help Yourself Through Hard Times (2010)	Help Yourself Through Hard Times lists services that provide assistance in the form of basic material aid and emotional or social support to people on limited incomes during time of financial hardship. Services vary depending availability of items or in case of emergency. Always check with the individual service	Residents of London and area.	n/a	Check with agency. Most services are free
Housing Access Centre 379 Dundas St, Ste 116 London, On www.housing.london.ca 519-661-0861	Information on and applications for social housing such as rent-to-income, non-profit and co-operative, as well as rent supplement and subsidy programs in London and Middlesex.	18 years and up Inquire with about special considerations for under 16	Forms and additional info online	Free
London food banks and meal calendars Main London Food Bank 926 Leathorne St. (at Adelaide St) London, On http://info.london.on.ca/meal.asp	Proof of residency and need may be required You may only visit a food bank once a month Website outlines free meal programs and food banks around the city.	Residents of London	519-659-4045	Free
Ontario Works City of London, Community Services Department 151 Dundas St., 2 nd Floor London, On	Income support for food, shelter, household and personal needs, along with help to find employment. Special allowances/health benefits may be available as a supplement to the monthly cheque.	18 years and up Inquire for special considerations for 18 years and younger	519-661-4520 Press 3	Free

MLHU – Secondary School Resource Guide

Legal Aid 171 Queens Ave, Ste 610 London, On	Issues certificates to pay for legal costs for family court and child welfare cases and appearance in criminal and young offender cases to eligible individuals.	Anyone in need of legal services	519-433-8179	Free
Western Area Youth Services (WAYS) 714 York St. London, On http://www.ways.on.ca/ 519-433-0334	Provides community services and residential programs to youth and their families including residential care, youth justice services, foster care and community services in Southwestern Ontario	Youth and their families	Call Intake and Crisis 519-433-0334	Free

Section 13: Life Skills, Finance and Housing

INTERNET RESOURCES

Program Name	Web URL	Target Audience
The Last Straw – a board game	www.thelaststraw.ca/	Teachers who are interested in teaching students about the social determinants of health including information on poverty.
The Real Issue – Poverty in London , Ontario	http://www.therealissue.ca/links-and-resources http://www.london.ca/d.aspx?s=/Child_Youth_Network/default.htm/	Website developed by the Child and Youth Network which is a large group of people who are working together to create awareness and engagement strategies to address the issue of poverty in London, Ontario

Section 13: Life Skills, Finance and Housing			
TEACHING RESOURCES			
Program Name	Available at	Description	Grades
The Last Straw – the board game	Middlesex London Health Unit - Family Health Promotion department (519) 663-5317	The Last Straw! is a fun and exciting teaching tool on the social determinants of health. The game has three objectives: <ul style="list-style-type: none"> • to promote discussion about the social determinants of health; • to help players build empathy with marginalized people and gain an awareness of players' own social location; • to encourage learning in a fun and supportive environment 	9-12
Social Determinants of Health - YouTube video	http://www.youtube.com/watch?v=KA-fDiDVmIU&feature=related	Video from Sudbury District Health Unit linking poverty to health issues	9-12
Free the Children	http://www.freethechildren.com/getinvolved/educator/programs.php?type=curriculum/	Teacher lesson plans on social justice issues like poverty.	5-12

Section 14: Health Related Community Events

Health Promotion Calendar

<http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>