



GUIDING GOOD CHOICES

Program Description

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Approved By: Population Health Promotion Management Steering Committee

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Guiding Good Choices

Parents/caregivers of children aged 9 – 14

Introduction

Guiding Good Choices is a five-session program that teaches parents/caregivers of children ages 9-14 how to reduce the risk that their children will develop drug problems.

Key Topics

- Parenting Skills, Substance Use Prevention

Key Messages

- Parents/caregivers play a key role in substance use prevention.
- Children and youth are faced with many opportunities to use substances and require knowledge and skills to make informed healthy decisions.

Purpose and Objectives

- To teach parents/caregivers how to address the topic of substance use in their family.
- To prevent or delay the onset of substance use among youth.

Training

- A 1-hour orientation is required for facilitators.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#) and/or trained community partners.
- Facilitators are health staff, educators and/or community partners.

Resources:

- *Guiding Good Choices* includes program binder, parent manuals, power point slides and videos.
- The program requires access to a computer and projector.
- Materials include flipchart paper, markers, and activity/craft supplies.
- Session 3 is a family session and requires the provision of a meal.
- Incentives such as on-site child care, transportation and prizes are typically offered.
- The [Regional Addictions Prevention Consultant](#) and [Regional Mental Health Promotion Consultant](#) are available for consultation and support for planning, orientation, and evaluation.

Budget

Item	Cost
Parent Manuals (10)	\$350
Food and Food Supplies – 4 Sessions	\$150
Food and Food Supplies – Family Session	\$200
Incentives (grocery gift cards)	\$300

Transportation (taxis and/or fuel gift cards)	\$500
Volunteer Appreciation	\$150
Materials (activity/craft supplies, flip chart paper, markers)	\$100
Location/Venue	In-Kind
TOTAL =	\$1,750

External funding sources such as the [Western Regional Wellness Coalition’s Community Grants Program](#) and the [Community Addictions Prevention and Mental Health Promotion Fund](#) are available.

Implementation

The Guiding Good Choices is presented in 5 consecutive weekly sessions. Each Session lasts between 2 and 3 hours – with one session including a family meal.

1. Secure program funding, develop, and maintain budget
2. Secure appropriate location
3. Identify facilitators and recruit volunteers (community partners) and complete orientation with the [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).
4. Purchase/prepare program materials and supplies
5. Develop and distribute promotional materials for family recruitment (social media, community partners)
6. Purchase Incentives
7. Plan snacks and family meal
8. Identify/plan transportation/childcare needs
9. Deliver program sessions
10. Complete evaluation and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

Evaluation Plan

Evaluation for this program involves the parents/caregivers’ completion of a [pre and post-test](#) for each of the 5 sessions to assess the effectiveness of the program in changing parent knowledge, attitudes and behaviours. Rating sheets are also available for workshop leaders to complete after each of the 5 sessions. Click the link above or refer to Guiding Good Choices binder for a copy of evaluation forms. Submit all completed forms at the end of the program to the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).

Evidence

This program has undergone extensive evaluation and evidence supporting the implementation of this program is available [online](#) or by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).