



GET READY

Program Description

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Get Ready

Children aged 11-12 years

Introduction

Get Ready is a peer education program that aims to increase the readiness skills of 11-12 year-olds to make decisions about the substances that they are likely to encounter as they prepare to transition to their teens. The *Get Ready* program consists of a Peer-Leader training and a Get Ready session delivered by these Peer-Leaders with support from the program coordinator.

Key Topics

- Substance Use, Decision Making

Key Messages

- Children and youth are faced with many opportunities to try/use substances and require knowledge and skills to make informed healthy decisions.

Purpose and Objectives:

- To increase awareness regarding issues related to substance use.
- To engage peer leaders as the providers of reliable information and realistic experience regarding substance use and decision making.
- To focus on protective factors to increase the resilience of students.

Training

- A ½ day training or orientation with a trained facilitator is required for coordinators.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#), area Wellness Facilitator, and/or trained community partners.
- Coordinators are health staff, educators and/or community partners.

Resources

- *Get Ready* includes a detailed [program manual](#).
- Schools are the recommended location for the program.
- 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
Venue/Location	In-kind (schools)
Program Manual	In-kind (Western Health)
Peer-Leader Training: <ul style="list-style-type: none">• Materials (paper, copying, etc)	In-kind (Western Health)

<ul style="list-style-type: none"> Lunch 	\$100
Peer-Leader Incentives	\$20 gift card per Peer-Leader
Peer-Leader Transportation (if applicable)	In-kind or taxi transportation for 1 session
Get Ready Session: <ul style="list-style-type: none"> Materials (paper, copying, etc.) 	In-kind (Western Health)

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

1. Identify Need (Target Group?)
2. Identify Date/Time/Venue/Co-facilitator
3. Arrange orientation with [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#) and/or Wellness Facilitator.
4. Consult with school(s) to identify Peer-Leaders (select Grade 8/9 students) and transportation, classroom time, and establish program timelines.
5. Coordinate and facilitate a Peer-Leader training session.
6. Prepare session material and support Peer-Laders in the delivery of program session to younger students. There are two options for this session, with time ranging from 45 to 75 minutes.
7. Complete Facilitator Feedback Form and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

Evaluation Plan

Evaluation for this program consists of a [Facilitator Feedback Form](#) to be completed at the end of the program.

Evidence

This is an evidence-based program designed by Parent Action on Drugs in Ontario to meet the curriculum outcomes. Evidence supporting the implementation of this program can be accessed by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).