

RIGHT PATH
MICKEY'S STORY

INTRODUCTION

RIGHT PATH

CANNABIS, EMOTIONAL HEALTH AND WELL BEING EDUCATIONAL RESOURCE

INTRODUCTION:

THE RESOURCE AIMS TO INCREASE AWARENESS AMONG YOUNG PEOPLE OF THE LINKS BETWEEN, THE USE OF CANNABIS, ALCOHOL AND PRESCRIPTION MEDICATION AND THEIR IMPACT ON EMOTIONAL AND MENTAL HEALTH.

THE SHORT FILM AND RESOURCE IS DESIGNED TO ASSIST PROFESSIONALS WHO WORK WITH YOUNG PEOPLE TO DELIVER EDUCATIONAL SESSIONS IN A FORMAT WHICH SUITS THEIR NEEDS, INCLUDING TIME FRAME AND EDUCATIONAL LEVELS.

EACH INDIVIDUAL SESSION IS DESIGNED SO THAT THEY CAN EITHER BE DELIVERED AS "STAND ALONE" SESSIONS OR AS PART OF A BIGGER PROGRAMME.

IT IS IMPORTANT THAT YOUNG PEOPLE HAVE WATCHED "THE RIGHT PATH FILM" BEFORE PARTICIPATING IN AN ICE BREAKER OR A MAIN SESSION.

AIMS:

THE AIMS OF THE FOLLOWING ACTIVITIES ARE TO:

- ENCOURAGE YOUNG PEOPLE TO BECOME MORE AWARE OF THEIR OWN EMOTIONAL AND MENTAL WELL BEING AND HOW SUBSTANCE MISUSE CAN IMPACT UPON THIS.
- PROMOTE HEALTHIER WAYS OF DEALING WITH EMOTIONAL AND MENTAL HEALTH PROBLEMS.
- PROVIDE YOUNG PEOPLE WITH INFORMATION AND SIGN POST THEM TO OTHER AGENCIES SHOULD THEY WISH TO MAKE POSITIVE BEHAVIOUR CHANGES AROUND THEIR OWN EMOTIONAL/MENTAL WELLBEING OR SUBSTANCE MISUSE.
- ENCOURAGE STUDENTS TO DISCUSS EMOTIONAL AND MENTAL HEALTH PROBLEMS AND CANNABIS USE.

RIGHT PATH

ESTABLISHING GROUP SAFETY:

- THE GROUP LEADER SHOULD EXPLAIN TO THE GROUP THAT MICKEY'S STORY ALLOWS THEM TO TALK ABOUT THE ISSUES WITHOUT SHARING THEIR OWN PERSONAL EXPERIENCES. THE LEADER SHOULD ALSO CLARIFY THAT THEY WILL NOT SHARE ANY OF THEIR OWN PERSONAL INFORMATION AS IT WOULD NOT BENEFIT THE LEARNING PROCESS.

- IT SHOULD ALSO BE HIGHLIGHTED THAT, IF ANY YOUNG PEOPLE FEEL THAT THEY DO HAVE ANYTHING THEY DO WISH TO DISCUSS WITH ANY MEMBERS OF STAFF, THIS WILL BE ACCOMMODATED AND YOUNG PEOPLE WILL BE GIVEN PRIVACY TO TALK TO MEMBERS OF STAFF OUTSIDE OF THE SESSION.

- WHILST GROUP LEADERS HAVE THEIR OWN METHODS OF MANAGING GROUP ACTIVITIES, IT IS ESSENTIAL THAT GROUND RULES ARE SET AND AGREED BY THE GROUP INCLUDING THE LEADER.

- FOUR IMPORTANT RULES THAT SHOULD BE DISCUSSED AND UNDERSTOOD ARE:
 1. LISTEN WHEN OTHERS ARE SPEAKING
 2. THE RIGHT TO PASS IF THEY FEEL UNCOMFORTABLE JOINING THAT PARTICULAR DISCUSSION
 3. BE POSITIVE – AVOID LAUGHING AND PUTTING OTHERS IN THE GROUP DOWN.
 4. NO DIVULGING PERSONAL INFORMATION ABOUT SELF OR OTHERS WHILST IN THE GROUP SESSION.

IF DURING A SESSION THE GROUP LEADER OR A MEMBER OF STAFF BECOMES CONCERNED ABOUT A YOUNG PERSON, THEY SHOULD TRY TO PROTECT THE YOUNG PERSON DURING THE SESSION AND:

- REMOVE THE YOUNG PERSON FROM THE ACTIVITY IF THEY REQUIRE.
- FOLLOW UP WITH THE INDIVIDUAL PRIVATELY.
- SEEK ASSISTANCE FROM OTHER AGENCIES OR LINE MANAGER (IN THE CASE OF CHILD PROTECTION INCIDENTS).
- SUPPORT THE YOUNG PERSON IN SEEKING FURTHER ASSISTANCE.

RIGHT PATH

SESSION STRUCTURE:

THE RESOURCE IS DESIGNED SO THE SESSION STRUCTURE IS MADE UP OF:

- ICE BREAKER
- MAIN ACTIVITY
- REFLECTION/ ASSESSMENT OF YOUNG PEOPLE'S LEARNING AND UNDERSTANDING.

GROUP FACILITATORS ARE ABLE TO CHOOSE AN ICE BREAKER FROM THE ONES MENTIONED WITHIN THE RESOURCE OR USE THEIR OWN AND CHOOSE A MAIN ACTIVITY.

EACH ACTIVITY PLAN LISTS THE EQUIPMENT OR WORKSHEETS NEEDED TO DELIVER EACH SESSION WITH DISCUSSION POINTS TO CONCLUDE EACH SESSION.

WHEN PRINTING OUT THE HAND OUTS OR RESOURCES IN THE APPENDICES, ENSURE THAT YOUR PRINTER IS SET TO PRINT "1 SIDE PER PAGE".