

ALCOHOL RELATED PROVINCIAL RESOURCES

An online **Check your Drinking Survey** is found at www.checkyourdrinking.net. The survey objectively evaluates one's level of drinking, comparing it to the "norm" for the participant's age and gender. The survey is anonymous. Upon completion, one has the option of printing out the final report or e-mailing the report to oneself or to a health care professional.

The online **Check your Drinking University Survey** is an anonymous online questionnaire, similar to the *Check Your Drinking Survey* above. However, as its title indicates, it is geared to young adults and university students. It is found at www.checkyourdrinkingu.net

At www.connexontario.ca is an online database on addictions services. Included is the **Drug and Alcohol Registry of Treatment (DART)**. By entering the name of a town/city the database will retrieve and display the addictions services which are located locally and/or are in the nearest vicinity. Contact information for these resources is also displayed.

Alcoholics Anonymous (AA) is a consumer support group that helps those who misuse alcohol. The main web page for AA is at www.aa.org. The web page also includes a tool where one can [search for a local office and meeting](#). The offices need to be contacted to find out about the nearest AA meeting.

The **National Native Alcohol and Drug Abuse Program (NNADAP)** is a federal initiative which is now largely controlled by First Nations communities and organizations. NNADAP supports both prevention and treatment. The program is described at the NNADAP home page. There is also a [treatment centre directory](#) where one can find the locations and contact information of the treatment facilities across the province and country.

The **Centre for Addiction and Mental Health (CAMH)**, at www.camh.net, is Canada's largest hospital specializing in the area of mental health and addictions. In addition it provides many province-wide services and resources in the area of addictions and mental health. These include, but are not limited, to:

- [About Alcohol: Information for Youth](#) is an online information page that describes what alcohol is, its effects and its potential dangers. At the bottom of the page are directions on how to order this information in a pamphlet form
- [Evaluate Your Drinking](#) is an anonymous online questionnaire which assess one's drinking habits and provides personalized feedback
- [Aboriginal Services](#) web page contains contact information on the services for Aboriginals offered through CAMH

The **Alcohol Help Centre** (www.alcoholhelpcentre.net) is an online consumer support resource. Strategies for reducing alcohol consumption, consumer support forum as well as personalized tools and exercises are available at this site. The services are free and anonymous. Registration, which is free, is required for some resources.

The **Low Risk Drinking Guidelines** (www.lrdg.net) web site is dedicated to advocating and informing the public about the low risk drinking guidelines.

The **Parent Action Drug (PAD)**, www.parentactionondrugs.org, is a health promotion agency which was initially formed by a group of parents concerned about alcohol and drugs. PAD addresses youth alcohol and substance use through education, prevention, outreach strategies and parent support. PAD has initiated several campaigns that can be accessed through this site including the HOOK-UP campaign.

The **Alcohol Policy Network (Apolnet or APN)**, www.apolnet.ca, is an online resource of over 1000 individuals and organizations addressing alcohol use and its impact on individuals and communities. It is a web-based tool to collect and disseminate information on a broad range of resources related to alcohol consumption.

- The **Apolnet resource web page** lists initiatives, resources and interventions relating to alcohol use and misuse.
- **The Association to Reduce Alcohol Promotion in Ontario (ARAPO)**, at www.apolnet.ca/arapo, is a provincial network with the goal of reducing the impact of alcohol advertising and promotion through education and community and policy action.

Ontario Drug Awareness Partnership (ODAP), at www.odap.org, aims to increase the awareness of the effects of alcohol and drugs in communities throughout Ontario. Its aim is to achieve this by the use of campaigns, initiatives and drug awareness committees (DACs).

The **Council on Drug Abuse (CODA)**, at www.drugabuse.ca, is an organization that sponsors “preventative alcohol and other drug education programs in schools for students, teachers and parents” (CODA web page)

The **FOCUS Resource Centre (FRC)**, at www.frcentre.net, is a project of the Centre for Addiction and Mental Health (CAMH) whose primary purpose is to provide a resource and central support for the 22 FOCUS communities across the province. The FRC was created on the evidence of the benefits of providing community-based programming with central support and it offers services in the areas of consultation, training, knowledge exchange and referrals. The FRC is a member of the Ontario Health Promotion Resource System

- The [22 FOCUS communities](#) across the province provide community-based alcohol and drug prevention programs