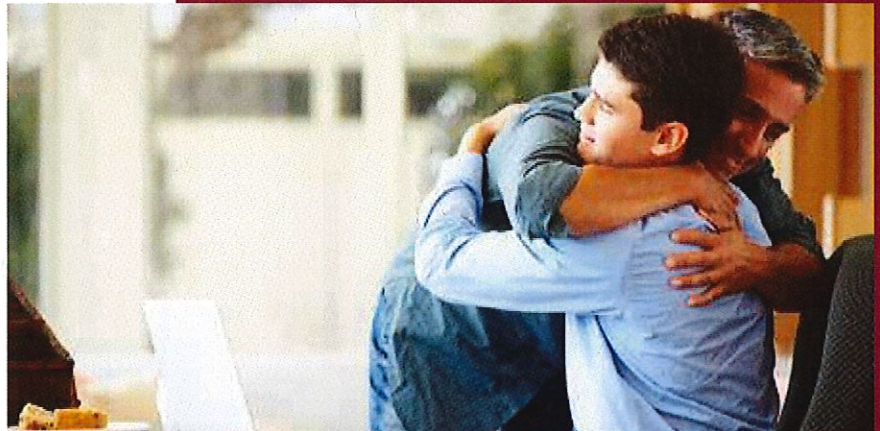


Do you have a child (youth or adult) using or abusing drugs and/or alcohol? Do you have concerns or want more information?

PEP supports & educates families dealing with the effects of substance abuse in youth & adult children.

**FAMILY
SUPPORT LINE
780.293.0737
Days/Evenings/Weekends**



**PARENTS
EMPOWERING
PARENTS**

WEEKLY MEETINGS

Weekly

Tuesdays 7pm to 9pm
Sherwood Park & Millwoods
See our website for details www.pepsociety.ca

Bi-weekly

Thursday 6:30pm - 8:30pm
St. Albert Community Village
#20 (2nd Floor) 50 Bellerose Drive, St. Albert

Sponsored by:

///ABRASIVE
BLAST & PAINT INC.



U-turn for Youth

Experimenting with drugs and/or alcohol? Are people in your life concerned?

U-turn for Youth supports youth and young adults involved in substance use to explore their situations through casual discussion and education in a no-pressure environment.

pepsociety.ca • info@pepsociety.ca



About Us

Maralyn Benay (Family Support Worker), Tina Dow (Probation Officer), and Audrey Holliday (Parent) founded Parents Empowering Parents (P.E.P.) in May 2004 as a result of an increasing need for support and direction for families dealing with the effects of substance abuse in youth. Initially, P.E.P. held a series of three meetings to investigate the needs of families struggling with substance abuse in the County of Strathcona. There was immediate overwhelming response. Families were indeed reaching out for exactly what we were offering: information, support, direction, and hope. Unfortunately, this crisis continues to grow at an alarming rate and PEP's programs are as relevant today as the day we started.

Since our inception in May, 2004 P.E.P. has met every second Tuesday evening in Sherwood Park. The group continues to grow as word about P.E.P. spreads throughout the province and North America. All of our innovative programming is professionally facilitated. On any given night, in each chapter meeting, there are 25 or more family members in attendance seeking help and hope, along with our MEDD-X participants and representatives from our collaborative partnerships. The family members include parents, grandparents, siblings and extended family. It is evident that addiction impacts everyone. They leave each meeting a bit stronger, a bit more knowledgeable, and certainly more empowered, by gathering with others sharing their struggles and their successes. Our support programs focus on substance abuse and substance dependence in youth and or adult children. Addiction does not discriminate with age, ethnicity, gender, poverty or prosperity. It impacts ALL OF US..

Through advocacy, support, and our commitment to education, PEP has become a highly respected resource in Canada. Our Executive Director sits on provincial and local committees focused on advocating change with mental health and addiction outcomes and resources.

P.E.P. is committed to positive action and change as we endeavor to make a difference. We are working with other stakeholders in the battle against drug and alcohol abuse in our youth and young adults. Some of our stakeholders include our County officials, the RCMP, EPS, FCS Strathcona County, the media, Alberta Health Services, Alberta Children's Services, Victim Services and Solicitor General.

We invite you to join our mission. Together we are stronger; building safer communities and empowering health and wellness for our families..

www.pepsociety.ca
780.410.8516
Support Line (professionally managed)
780.293.0737





Lerena Greig

Facilitator/Executive Director/Consultant **Parents Empowering Parents (PEP) Society**

Lerena Greig has worked in the non-profit sector for over 12 years, specifically in the field of addiction and recovery. She has presented all over Alberta to media, corporations, churches, community groups and foundations with a story of lived experience and advocates for change in the stigma of mental health and addiction. In 2015, Lerena was presented the Superlative Philanthropy Award for her volunteering in the community with various inner city organizations such as working with women on the streets, teaching at the Federal Woman's prison and helping those women integrate back into society. She shares her "changed story", empowering others to change their story and is a published author in Mentoring Women Leaders III. Recently she joined as a Director of the Board for Our House Recovery.

Besides her knowledge based experience with over 13 years of recovery, Lerena has certificates in self-harm and suicide, motivational interviewing, leadership resilience, brain chemistry, medication administration, and first aid. She has training in Boundaries, Emotional Healing, Co-Dependency, 12 Step Program, Anger Management, Sexual Abuse and Relapse Prevention. In 2018, Lerena received additional facilitator training as part of her volunteerism with Freedom Ministries, an organization that works with individuals seeking recovery.

As Executive Director of PEP, Lerena sits on many committees including the Provincial Valuing Mental Health Advisory Committee; Drug Strategy Strathcona County, Steering Committee for Social Framework Strathcona County, a family advisory board and is a member of Alberta Alliance of Mental Illness and Mental Health. She manages and implements the programs for PEP including a restorative justice program called MEDD-X (motivational education/experience for X Drug Dealers), a program that has seen much success in recovery for the participants. In addition to her knowledge of addiction and recovery, she has over 20 years of expertise in marketing, communications and public relations.

Her business, LeeDawn Consulting, works alongside clients seeking recovery in all aspects of their professional and personal lives.

Her mantra is "change is inevitable, growth needs intention"...

Job Title

Facilitator for Parent Meetings

Description of program – weekly and recently added chapter, St. Albert bi-weekly, parent support meetings offer a safe, confidential meeting place for parents, siblings, and extended family members who have a loved one struggling with substance use/addiction. The meeting follows a well proven and effective format. The first part is an educational component, teaching may include topics such as boundaries, co-addiction/co-dependency, and the 4 C's and others pertaining to self-awareness, self-care and knowledge; based on addiction, mental health and recovery. The second part of the meeting is the "check-in" with introductions, sharing, listening and engaging when appropriate.

Job Description/Skills

The facilitator is required to have the skills to quickly assess a participant's ability and willingness to openly share. They lead the flow of the meeting; maintain the integrity and safety of the meetings. They engage, support and educate while building relationships and support within the group. They are accountable for maintaining confidentiality and a non-judgemental environment. Strong interpersonal, time and conflict management and listening skills are a must. In addition proven organizational and educational skills are required to teach about addiction. They also are required to participate in ongoing training and development as required.

Education/Experience:

Facilitating group experience and education; Knowledge of addiction and mental health; counselling; crisis management or trauma education; knowledge based experience; knowledge of prevention, treatment and other resources available in areas of addiction are a must.

Job Title

Family Telephone Support

Description of program – telephone support for families with a loved one struggling with substance use and/or addiction and/or the person in active use. It is available days/evenings and weekends.

Job Description:

To listen and engage when appropriate, support and direct caller to other resources (reference to resource binder prepared for position) including weekly parent support and U-Turn programs offered by PEP; accountability to confidentiality and non-judgemental environment; strong interpersonal skills required; documentation of call with date/time, name, reason, comment

Job Skills:

Interpersonal, ability to engage; conflict management; attentive listener; non-judgemental and respectful.

Education/Experience:

Knowledge of addiction and mental health; counselling; crisis management; lived experience; knowledge of prevention, treatment and other resources available in areas of addiction and mental health; certification/experience in relatable field.

Available days/evenings/weekends – average length of call is 20 minutes; averaging 2-3 calls daily



Spring 2018

PEPtalks

Parents Empowering Parents

Providing education, innovative programming, support and hope for individuals or families dealing with or concerned about substance abuse/addiction.

From U-turn to U-turn

— a daughter's message

It wasn't always this way...I wasn't always a productive member of society. I didn't always aspire to have a PhD in indigenous studies. Or even think that one day I would have a masters in Counselling Psychology and working towards registration as a psychologist. I didn't ever think I would be working in an indigenous school system as a behavior and trauma specialist. I didn't think that I would be facilitating U-turn, a support group for young people's struggling with addiction. But I am, **now**. But like I said, it wasn't always this way.

I grew up in a good home. My mom stayed home with my older brother and I. My dad went away to work and always made sure that we were provided for. We always had food on our plate, a nice roof over our head and a huge family that I saw often in the small, northern community I grew up in. When it came time to head to school, I loved it. I wouldn't say I was overly smart but I enjoyed being in school and the challenges that came with it; having said that, I excelled in some subjects and even took French Immersion until grade 9. But then something drastic happened. In grade 6 my mom decided to better herself and go back to school. This brought forth a big move to the city. We moved from a small town to a big city as I was entering into junior high. Now don't get me wrong, I am not blaming any of this on my parents for moving me, but it is a part in this story that has to be told.

By Grade 6 most young girls have their place in their social group. I didn't. I was

an awkward teen, smart and tomboyish, didn't play any sports. And to top it off, in a new school that I did not know anyone. This is where the "outcast" crowd came in. At first I was part of all the groups in the school but soon found out that I fit best with the ones that were kind of just "there". Being just "there" also meant no one would notice when we skipped or did drugs or drank. So we did. By the end of grade 9, I was pregnant with my now 17 year old daughter. I decided, after struggling with the thought of adoption, to keep my daughter, and so I became a teen mom. With the help of my parents, my daughter and I lived a great life. I found a man who I eventually would move to BC with and subsequently, end up in a very abusive relationship with. So I came back to Alberta to be with my parents again. This is where it gets messy. I was a teen mom. My supports were my parents, not friends. I had been broken and bruised. I didn't know what I was doing with myself or even who I was. Then one day, at work of all places, I was introduced to methamphetamine. And boy did I fall in love.

Now I thought I was a strong willed person. Heck I was raising a daughter as a teen mom essentially alone (with my parents help), but I was wrong. Meth quickly got a hold of me and turned my life upside down. Within the span of 3 years I was living on the streets, little to no contact with my family. My daughter lost her mom. Living a life filled with crime to fuel my addiction. In a relationship with a man that was in

and out of jail and beating me up daily. Doing any drug I could get my hands on just to forget my life. I always say, I didn't actively want to die but I also didn't want to live anymore.

In comes PEP and U-turn. My mom was coming to the PEP meetings. Little did I know that while she was getting stronger and learning how to deal with my addiction, I would be coming along to the youth meetings? And one day I did come, high. But I came. And I came again. And I found a place that I could sit with others in my shoes; have a facilitator that gets me. Someone that is willing to listen to me where I'm at and not judge me. And eventually I felt better. With the help of U-turn and numerous other recovery based tools, I got clean. And my mom and dad knew how to support me. Thanks for U-turn, the tools I learnt, the support network I gained, I was able to remain clean.

Okay, fast forward. Remember the first paragraph; I said I didn't think I would be where I'm at. Well today, I am 12 and half years clean from drugs. *I am facilitating the same group that I used to attend high.* I am helping youth that are in the same shoes I once was in. I can give back to U-turn, the group that helped save my life. I am part of the organization that helped save my parents and save me. I am a daughter, a mother, a sister, a friend. I live a healthy, balanced life. I help others heal. I owe my recovery, in part, to Parents Empowering Parents and an innovative program called U-turn.



U-Turn (youth/young adults) Summary

The overall goal of U-Turn is to support youth to improve quality of life and self-actualization by addressing issues related to addiction. Through connection to others, group members are supported to gain knowledge, self-awareness, coping skills, and life skills that will assist them to manage life's challenges without the aid of drugs or alcohol. Within these goals, the roles of the facilitators are to build connections with youth, and lead interesting and informative discussions which create opportunities for increased self-awareness and learning.

U-Turn facilitators specialize in creating a relaxed environment oriented toward engaging pre-contemplative group members who may be mandated or encouraged by loved ones to attend addictions programming. In addition to support provided by facilitators, group members also provide support to each other. While U-Turn is an open group (group members entering and exiting the group on their own timetable), most meetings typically include at least one longer term group member who is capable of providing peer to peer support for other group members.

Successful U-Turn group members typically see a reduction in drug or alcohol use through changing thought patterns, behaviors, and environmental influences. Group members typically demonstrate success in progressing from a pre-contemplative mindset upon arrival to the group to more advanced stages of recovery (contemplation, preparation, action, and maintenance). Some Pre-contemplative group members who become motivated to reduce or cease using drugs & alcohol through their association with U-Turn decide to pursue more intensive treatment outside of U-Turn. While many other of our pre-contemplative participants become self-motivated to continue attending U-Turn, and achieve sobriety with the support of the group.

U-Turn encourages group members to take control of their lives and wellbeing. Many group members arrive to the group dealing with issues related to adolescent independence and ambivalence, as they struggle to cope with the increasing demands of the adult world. Within this struggle, successful U-Turn group members gain an ability to take responsibility for their behavior within the community, and they gain self-awareness in recognizing their role in relationships. This is particularly important in adolescent relationships with adult family members and authority figures, as ambivalent adolescents tend to take a passive role in maintaining these relationships and become frustrated as their needs for independence are not respected. Many of our group members' greatest successes come in situations where they are able to recognize that they are equally responsible for building and maintaining relationships with adult family members and authority figures. These types of successes typically result in an increase in confidence, reduction in anxiety, and increases in trust within relationships. All of these factors being important underlying components of managing addictions, as difficulties with these issues can create the desire to utilize a coping strategy of escape through mind-altering substances. As youth progress towards sobriety within U-Turn, group members typically begin to impact the community in a positive way.

Meet our U-turn facilitator...

Shannon Lust is a Certified Canadian Counsellor with her Masters in Counselling Psychology and is a Child Trauma Academy Fellow trained in the Neurosequential Model of therapeutics and Neurosequential Model of Education. She is also currently the lead of U-turn as well as the inclusive Education Coordinator, Trauma Specialist and Counsellor at Kitaskinaw School in Enoch Cree Nation.

Shannon has done a full "u-Turn" to bring her to being the lead facilitator of the group. She was once a youth participant in the group many moons ago. Since changing her life, Shannon pursued her education; never thinking it would lead to a Masters, and decided to give back in a way that not many do. This has led her into a career that she loves and in a role that she is grateful to be in.

Her passion is helping others along their life journey. When she is not at one of her jobs, she sits on boards that pertain to Mental Health and taking part in her active lifestyle. Shannon is also a bodybuilder and national level powerlifter; she takes great importance in keeping the mind healthy through physical activity, as well as taking care of our mental well-being. She is a proud indigenous mother, daughter and woman who is grateful for the path that has led her here.



U-Turn for Recovery Facilitator

The U-Turn for Recovery program is a drop in bi-weekly program supporting youth and young adults in all stages of drug abuse or addiction.

Job Description:

Must demonstrate excellent skills in building a safe, confidential, supportive informal environment for youth/young adults; lead interesting and informative discussions which create opportunities for increased self-awareness and learning by addressing pertinent issues related to the negative impact of drugs in their life motivating positive changes and self-actualization

Education/experience:

Knowledge in area of youth/young adult addiction and mental health; trauma; counselling; and crisis management. Minimum Child and Youth Care diploma or equivalent. Vulnerable sector criminal record and Child Welfare check are required.

Time spent on duties:

100% facilitation