

## TELEHEALTH PROGRAM

### EVALUATION REPORT ON TELEHEALTH SESSION

#### *Drugs and Alcohol*

November 28, 2006

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The fifth Telehealth Session of the fall season was *Drugs and Alcohol*, with Hugh Fraser and 6 invited young people in recovery with the Fraser Recovery Center. This 2-hour session was held Tuesday, November 28, 2006, from the Central Quebec School Board. The session, chosen by CAMI and Townshippers' Association, was moderated by Russell Kueber, Project Manager - Telehealth Program of the CHSSN. This was the first time the session was moderated from two locations, and it successfully followed an interactive panel format.

The following are highlights of the results:

- Communities: 5 organizations, including CAMI, CASA (2 sites), MCDC, Townshippers' (2 sites) and Vision Gaspé Perce Now, for a total of 6 sites.
- Number of participants: 94 people
- Number of professionals: 6 from healthcare and 8 from education
- Number of completed evaluations: 90%
- Positive comments: centered on hearing peoples' personal life stories, the presenter's candidness, and the opportunity to ask questions.
- Level of satisfaction: majority of participants agreed (on a scale of 4/5) that the presentation was helpful, interesting, met their expectations, except at one site where they indicated they were coerced to attend.
- New Partnerships: strengthening partnership with schools, better partnerships between the islands (Magdalen Islands) and forging links with other health organizations
- Future follow-up actions: presenter Hugh Fraser will visit Magdalen Islands school

This topic aimed at raising awareness of drug and alcohol use among teens, and the invited guests shared their personal experiences with drug and alcohol addiction in a frank discussion. When asked, "*What did you learn that is worth remembering for a lifetime?*" participants cited the following memorable quotes:

"About other peoples' life."

"Drugs are very addictive."

"Don't turn your life to drugs."

"I learned to call a professional to cope with my family members problem."

"That you should not do crack."

It is interesting to note that when asked why they came to this Telehealth Session, participants cited that they wanted to learn more about the topic. However, constructive feedback centered on:

- The issue of one community's youth indicating that they had no choice but to attend.

- The technical difficulties.
- The fact that it took a lot of time for equipment checks prior to the start of the session.

Despite technical difficulties and the fact that some students only attended because they had to, overall, the message was clearly demonstrated in the following evaluation:

*Why did you come to this session?* “Because we had to. Our teachers made us.”

Strongly agreed that the presentation was helpful and agreed that it met expectations.

*What did you like the most?* “Hearing the people’s story’s. [sic]”

*What did you learn that is worth remembering for a lifetime?* “Not to do drugs and alcohol because it will cause trouble in your life [sic].”

*What other topics would you like to learn more about?* “I would like to learn more about what alcohol does to your body. [sic]”

The panel format was successful, with enthusiastic participation from each community as they asked questions of the young people. By the number and types of questions asked it was apparent that this topic was indeed appropriate and useful for communities.

Asked what more could be done in their communities around the issue of alcohol of drugs, participants cited the following:

- We need videoconferencing
- Hold a regular session on grieving every Christmas and bring people together regularly
- The need for a community grief center
- Hold a conference on grieving

The next Telehealth Session (selected by Townshippers’), *Grieving and Loss*, with Dawn Cruchet, Grief Counselor, is scheduled for December 3, 2006.