



Drug Awareness Resource Team (DART)

School year end closing statement

The Western Quebec School Board (WQSB) - Drug Awareness Resource Team (DART) services are a school board-based service that provides support and information to our students, teachers, staff, parents/caregivers and our community. The DART program is focused on providing evidenced based education, awareness, support and connection to services surrounding substances, substance use and substance use disorder, so we can offer the WQSB community appropriate information to help make choices and decisions that support mental, emotional and physical well-being. We provide services to our WQSB communities for the duration of the school year, through 1 on 1 interventions, classroom and community workshops and training sessions, connection to partner services and a variety of other prevention activities.

As we understand that substance use has no timeline and as DART is wrapping things up for the summer months, we want you to know that you are NOT alone and that there are supports that continue to be open and available to you.

The following are some of the supports available:

Portage is a support service that WQSB has partnered with for over 10 years and their services are available to all ages and levels of dependency. Portage has staff available to answer any questions you may have please call or follow link.

<https://portage.ca/en/quebec/>

Patrick Smith: Admissions Officer

E-mail: psmith@portage.ca

Office: 514-694-9894 Ext. 6182

811 or CISSSO If you are in need supports for yourself or someone in your family call 811 and follow the prompts. if you are asked to leave a message someone will return your call as soon as possible. This is also a way to connect to CRDO (Centre Radaptation de L'Outaouais) <https://ciyss-outaouais.gouv.qc.ca/language/en/accessing-a-service/addiction-or-mental-health-problem/addictions/>

Walgwan Centre – although the physical centre is closed Walgwan is still committed to offering support and prevention services via phone and online to Indigenous youth. <https://www.walgwan.com/en/> or call 1-844-759-3006

Kids Help Phone – if you are a youth or you know a youth in crisis or in need of support please pass along the Kids Help Phone information as these professionals are trained in dealing with mental health needs. <https://kidshelpphone.ca/> or Text 686868 or call 1-800-668-6868

We wish you and yours a healthy, safe and sunny summer, and encourage you to reach out in the upcoming school year if you feel that DART services could benefit you or someone you know.

Your WQSB Drug Awareness Resource Team,

Erica Tomkinson

Etomkinson@wqsb.qc.ca

819 684-1313 #560025

Kelly Connolly

kconnolly@wqsb.qc.ca

819 684-1313 #5600

