



Leeds, Grenville and Lanark Municipal - Public Health Networking Call Friday, May 12, 2023

Topic(s) of Discussion

1. **Community Involvement and Support for the Health of our Youth**

- Dr. Linna Li, LGLDHU Medical Officer of Health, echoed the general consensus that with community involvement and support, and through the lens of all domains of their lives, the health of our youth goes well beyond substance use. Planet Youth is part of a general strategy for youth engagement and youth health that extends into adulthood.

2. **[Planet Youth Lanark County 2023 Presentation](#)** – *David Somppi, Lanark County Planet Youth Chair*

- Population wide primary prevention process proven to reduce or delay substance use among youth.
- www.planetyouthlanark.ca

Background:

- Lanark County is the first Canadian IPM (Icelandic Prevention Model) community. Evidence, gathered through a Planet Youth Lanark County (PYLC) 2022 survey shows our youth are early and relatively heavy users of alcohol, cannabis and other substances. Survey data is freely available to the local service providers, municipalities, school boards and the broader community.
- Work is currently underway to develop community-based actions plans to respond to areas of concern/opportunity identified in data. Outcomes will be assessed via surveys in 2024, 2026 and beyond.

3. **Call to attend hybrid meeting – also via Zoom: [Community Goal Setting Workshop June 1st, 9 am to 11 am](#)**

- Where? [Zion United Memorial Church in Carleton Place](#)
- To register visit: <https://planet-youth-goal-setting-workshop.eventbrite.ca>
 - ✓ Develop goals, strategies and an action plan based on a 2022 survey of Lanark County Grade 10 students.
 - ✓ Participants include youth, parents, school staff, youth leaders, community organizations, municipal staff & councils – open to all.
 - ✓ Hoping people on this call can attend.
 - ✓ Please support and promote this meeting in your community.

4. **[Let Teenagers Sleep](#)** – *Scientific American*

5. **Next Topic: Community Overdose Response Plan** – *Jennifer Adams, LGLDHU Public Health Nurse - Harm Reduction Coordinator*