

## THE RE-ADAPTATION OFFICER

Ms. Tiffany Blinn is the school's re-adaptation officer and part of the Student Crisis Response Team.

While working in collaboration with external and internal agents, she organizes various drug awareness programs. She also offers individual and group counselling to students experiencing drug and alcohol-related difficulties.



### Contact information

Phone: 819.563-0770 ext. 22061

Email: [blinnt@ped.etsb.qc.ca](mailto:blinnt@ped.etsb.qc.ca)

### Useful links

NIDA for teens: Nation Institute on Drug Abuse for TEENS  
<https://teens.drugabuse.gov>

Tel-Jeunes - Confidential space for young people aged 20 and under who are looking for information and someone to talk to  
1-800-263-2266 also available via chat or text message  
<https://www.teljeunes.com/>

Drugs: Help and Referral - Free and confidential support 24/7  
Resources, help and services for addiction and drug use  
<https://www.aidedroque.ca/en/>  
1 800 265-2626

### Local resources

Centre de réadaptation en dépendances et santé mentale de l'Estrie  
819-821-2500

CSSS Sherbrooke  
819-780-2222

Service de police Sherbrooke (SPS)  
819-821-5555

## **Alcohol**

Youth and alcohol

[https://www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK\\_Info\\_YouthAlcohol\\_FINAL.pdf](https://www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK_Info_YouthAlcohol_FINAL.pdf)

## **Cannabis**

Legalization of cannabis, information on the law

<https://encadrementcannabis.gouv.qc.ca/en/>

Advice for parents of teenagers

<https://encadrementcannabis.gouv.qc.ca/en/le-cannabis/conseils-aux-parents-d-adolescents/>

Information on the impact of marijuana use on the teen's brain <https://teens.drugabuse.gov/drug-facts/marijuana>

Do You Speak Cannabis? (Information flyer designed for parents)

<http://publications.msss.gouv.qc.ca/msss/en/document-002127/>

## **Nicotine products (Vape, cigarettes)**

Information for teens and parents about vaping

<https://droptheillusion.com/>

I Quit Now

<https://www.tobaccofreequebec.ca/iquitnow>

Government of Canada - Information about vaping

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>

## **Social Networks, videogames, online presence**

Information, tools and resources

The mission of PAUSE and its experts is to promote balanced screen use to prevent the risks associated with hyperconnectivity.

<https://pauseyourscreen.com/>

When to worry about your teen's screen use

<https://pauseyourscreen.com/when-to-worry-about-your-teens-screen-use/>

Healthy screen habits for youth - Quebec Government

<https://www.quebec.ca/en/health/advice-and-prevention/healthy-lifestyle-habits/healthy-screen-habits-among-youth>

Information for teens regarding screen usage

<https://www.teljeunes.com/Tel-jeunes-en/drugs-and-alcohol/cyberdependency>