

RESEARCH PROJECT

Identifying and promoting recognized criteria for effective early intervention with young people to address risk behaviours related to alcohol and other drug use, gaming and gambling, and Internet use (the "IP-Jeunes" project)

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Target population: The project is targeted at **young people aged 12 to 25** presenting risk behaviours related to alcohol use, cannabis or other drug use, gaming and gambling, or Internet use. The project is also aimed at key stakeholders working in various **intervention settings** across Quebec (CISSS/CIUSS, educational, community, etc.) who use or have an interest in early intervention practices for addiction prevention within this population.

Goal and objectives: Early intervention for addiction prevention among young people encompasses various practices designed to identify risky behaviours and motivate the modification or discontinuation of these behaviours or the prevention or reduction of associated risks. Although a number of early intervention models have been shown to be effective or promising, such practices are still seldom used in Quebec despite the fact that they could be beneficial to many people. In addition, stakeholders working with young people in various intervention settings (CISSS/CIUSSS, educational, community, etc.) have expressed the need for evidence-based guidelines and strategies for early intervention to prevent addictions that take their specific contexts into account.

The **goal** of this project is to bring together the expertise of stakeholders (young people, parents, service providers, teachers, administrators, researchers) to promote the implementation of best practices in early intervention to prevent addictions. The **overall objective** is to develop a best practice guide to early intervention that is based on current scientific literature, is applicable to the Quebec context, and is adapted to the needs of young people who for the most part do not use health or psychosocial services in relation to behaviours that could lead to addiction. The guide will take into account promising provincial initiatives and a wide range of frontline and community perspectives. Dissemination of the guide will provide stakeholders in various intervention settings with access to practical tools to facilitate the implementation of best practices.

Methodology: A collaborative process involving stakeholders from various communities and fields of work is a key component of the project. These participants will be brought together to develop a common understanding how to adapt best practices to their needs and how to support the implementation of these practices by taking into account the intervention settings in which they are used. **Step 1.** A literature review will allow us to examine current knowledge and identify effective early intervention models. **Step 2.** A range of key stakeholders will be contacted for one-on-one interviews to document the early intervention practices currently being used in Quebec. In addition, the perspectives of a wide range of stakeholders and experts will be taken into account through focus groups and one-on-one interviews with young people, parents, service providers, and administrators. **Step 3.** Compiling results from the different components of the project, we will develop a best practice guide and tool kit (various approaches and instruments to facilitate identification, detection, and intervention) based on current scientific literature as well as the perspectives and needs of the various stakeholders we have consulted. **Step 4.** The guide will be disseminated via a range of mobilization and knowledge exchange activities (cross-training sessions, visits to 5 regions of the province) so as to promote and facilitate the implementation of best practices.

Study duration: December 2017 to March 2021

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