



Acquired Brain Injury Outreach Team

...a program of the ABI partnership project.....



a joint initiative of.....



In Collaboration with



RCMP "F" Division – Traffic Services
Forensic Collision Reconstruction



7th floor Rehab, Addiction Services, ER
& Volunteer Services



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We know there is an injury epidemic and we hear of the high injury statistics from a number of different agencies especially the number of traffic related injuries. We also know that 90% of injuries are preventable. But what can we do and what are we doing to address the problem? One of the answers lies with the P.A.R.T.Y. (Prevent Alcohol and Risk Related Trauma in Youth) program. This licensed program has proven to be highly successful since its origin in Canada and has spread into Australia, Germany, Japan, Brazil and the United States.

The goal of P.A.R.T.Y. Program is to provide young people with information, in a very **interactive** and **hands on** format about injury (trauma) that will enable them to: recognize potential injury producing situations, make prevention-oriented choices and adopt behaviours that minimize unnecessary risk. This program is a vital component of the growing community effort to reduce death and injury as a result of alcohol and risk-related trauma events.

The P.A.R.T.Y. Program started in Saskatoon in 2005 with as a pilot project and has continued every year since with increasing numbers of participants. The program demand from the High Schools has grown from 5 programs a year to 13 programs a year, in Saskatoon. The comments and the results that come back from our Pre and Post Evaluations completed by students for every PARTY session show significant changes in knowledge and attitude. Please see the research referenced in the sections below.

What Happens at a P.A.R.T.Y. program day: the typical P.A.R.T.Y. day is a full day session for approximately 80 Grade 10 students held at the Saskatoon City Hospital as well as many rural communities who either have a PARTY program licence to run the program or run the program with the Acquired Brain Injury Outreach Team in Saskatoon, Regina or Prince Albert. It's a hands on interactive approach and experience for youth to help them make smart choices.

In Saskatoon the students come to the Saskatoon City Hospital for a full day of reality education and participate in small group sessions with an ER Nurse, Paramedics, Addictions Counselor, Physical Rehabilitation Therapists, and the RCMP "F" Division Traffic- Forensic Reconstruction, and hear from an injury survivor. Students are given information about: basic anatomy and physiology, mechanisms of injury, the effect that alcohol and drugs have on decision making; the impact of brain and spinal cord injuries; and the impact on family, finances and future plans. Students are given hands-on experience with equipment used in trauma care and rehabilitation and are involved simulations. In the ER session, for example, students participate using and seeing the tools used in the ER in a trauma emergency, they get to help using a bag valve mask, use a laryngoscope, how to turn a patient, the use of a catheter, IV, all on an Annie teaching doll. They also see first-hand how uncomfortable it is to be strapped to a spine board.

In the rehabilitation presentation they are on the 7th floor Rehab ward and experience the atmosphere, learn about injuries to the brain and spinal cord, as well try hands on activities such as actually seeing and feeling what it is like to transfer from a wheel chair to a bed without the use of their legs and trying to get up a curb in a wheel chair.

In the addictions presentation they discuss scenarios that they may find themselves in either at a party or risky-type situation and discuss whether it crosses their “stupid line” (the stupid line is a concept that we use, it is the line that separates healthy and safety from injured or killed). Students also get to pose candid questions about drugs and alcohol to our addictions expert.

EMS goes through the importance of a 911 call and has all the students try first hand some first aid techniques such as the recovery position.

The RCMP display scenes of various crashes showing students the intact driver occupancy space where the driver was killed as a result of being ejected from the vehicle because they weren’t wearing their seatbelt or the results of a drinking and driving; as well as discussing the dangers of texting and driving. Also students reflect on what it would be like to be the RCMP, and the parent’s, where they have to go tell the family that their son or daughter was killed in a motor vehicle crash/trauma.

Throughout the day, the students can ask questions, discuss and think about different scenarios that they may find themselves in and plan for what they would do before they are in that situation, as it can be hard to make a good choice in the heat of the moment.

The students are provided with a challenge at lunch time. Volunteers assist the students to assume a simulated “disability”. This exercise is intended to provide difficulty for the students as they eat to reinforce that such simple tasks are often taken for granted.

At end the day an injury survivor talks to the students about their own personal experience. They describe what their life is like after the injury.

The program continues to be in great demand by the High Schools and has been building since 2005 and grown from 5 programs a year to 13 programs a year in Saskatoon in the 2012-2013 school year. Rural communities have also embraced this program and come together to put it on for their students. The comments and the results that come back from the Pre and Post Evaluations (students complete after every PARTY program) show significant changes in knowledge and attitude.

Please see the following link for the evaluation. **<http://partyprogram.com/doc.aspx?id=49>** please see the Saskatoon Health Region evaluation at **<http://partyprogram.com/doc.aspx?id=49>**. Please also visit **<http://partyprogram.com/doc.aspx?id=97>** to see the study titled Effectiveness of the PARTY (Prevent Alcohol and Risk Related Trauma in Youth) Program a 10 Year Analysis, published in the Journal of Trauma. This study concluded that the PARTY program effectively reduced the number of traumatic injuries in the youth that have participated.

Also the Saskatoon program's volunteers and professionals were recognized by the Saskatoon Health Region with a BRAVO Award in 2012 under the categories: Collaboration and Leadership.

Structure of the Program

The Acquired Brain Injury Education and Prevention Coordinator (ABI E&P) is part of the Acquired Brain Injury Outreach Team; the Acquired Brain Injury Outreach Team is part of the Acquired Brain Injury Partnership Project. The ABI Partnership Project funds the ABI E&P position only. There is no funding for the P.A.R.T.Y. program itself. It relies on the commitment of the volunteers including our civic partners. The ABI E&P Coordinator is responsible to many communities for support in the development of Injury Prevention projects. The Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y.) program is one program we offer to communities to reduce unintentional injury in the adolescent population. The E&P coordinator directly runs, organizes the presenters and the session, and presents at the Saskatoon PARTY program. The program team in Saskatoon is made up of a team of Professionals whose organizations donate their time to the program. This team is made up of RCMP "F" Division Traffic Services Forensic Reconstruction, Addiction Services, 7th Floor City Hospital Rehab Therapists, MD Ambulance Paramedic, ER Nurses, many City Hospital volunteers, ABI E&P Coordinator, ABI Rehab worker and Injury Survivors.

In Saskatoon, the PARTY Program occurs within the school year. For example starting in September 2013 running through May 2014, the program will host 13 PARTY sessions at the Saskatoon City Hospital. The ABI Coordinators will also be a support to Rural communities who are interested in hosting the PARTY program under the ABI licence.

Goal and Objectives of the P.A.R.T.Y. program

To promote injury prevention through vivid clinical reality, enabling youth to recognize risk, make informed choices and identify potential consequences about activities and behaviours.

1. To educate youth to recognize risks.
2. To increase youth awareness of personal responsibility
3. To increase youth knowledge of the consequences of injury on quality of life for the individual, family, friends and community.
4. To empower youth to make informed, educated choices.
5. To promote injury prevention initiatives.
6. To contribute to a reduction in the incidence of risk-related trauma in youth

But not only does this program provide education about injury prevention it also has the added benefit of teens seeing and talking with people in professions that they may be interested entering.

This project will continue to strengthen our community by empowering youth to make smart decisions that will keep them healthy and safe. It will also allow students to connect with members of our community such as emergency care professionals. It also demonstrates the wonderful collaboration among so many different professionals within our community.

This project has already proven to benefit our youth by increasing their knowledge and shifting their attitude as seen in the above mentioned studies. We hope to continue to do this by helping students to carry on the message of the PARTY program into their school.

The demographic of people that this program will directly benefit is grade 10 students who are just getting their licence and have been or will be exposed to drugs and Alcohol, as well as many other risk taking situations. It will also have continued benefit as they take this information home and share it with their family and friends.

Testimonials

A mother whose daughter was thinking of not going to the PARTY program because some of her friends weren't going told her daughter to take a step out of her comfort zone and see what PARTY is all about. Her daughter came home after attending the PARTY Program and was expressing to her mom how important it was that we don't text and drive nor drink and drive. She was also telling her about how they had the opportunity to see how crashes happen. The mother reported that she had expressed this several times but wasn't able to get the message across. She said thanks to the program I think my daughter got the message loud and clear. The mom also commented that it was great timing with putting on the program at this age as most kids are going through drivers education - Parent

Another testimonial that we see repeated in our post questionnaire:

"All grade 10's should have the opportunity to come to the PARTY Program" – Student

The work you are doing is incredibly important. As a parent and educator I applaud both the message of PARTY and the interactive approach you have taken. Thanks for all of your work! - Principal

The added value of the P.A.R.T.Y . Program

P.A.R.T.Y. program is helping to build a healthy Community for tomorrow by offering opportunities for today. Here is a program that is educating the youth of today with why and how to make smart choices in their lives to save them from preventable trauma. Injuries cost Canadians 19.8 billion dollars a year. In Saskatchewan we have the second highest burden of injury costs per capita in Canada. Also in Saskatchewan every 4.5 days a child or youth dies from injuries. Thus this program will educate and inform youth of how to make safer decisions and empower them to help others do the same so we can reduce injuries and create a healthier and safer future, as we know 90% of injuries are preventable.

P.A.R.T.Y. program is also building community strengths by mobilizing civic participation. We have many great community partners involved our program; the Saskatoon Catholic and Public High Schools, MD Ambulance, RCMP "F" Division Traffic Services Forensic Reconstruction, Saskatoon Health Region, SGI and the ABI Partnership Project.

This is an initiative that promotes self-reliance, develop leadership skills and emphasize prevention. The P.A.R.T.Y program empowers youth to make informed choices so they can recognize potential injury producing situations, make prevention-oriented choices and adopt behaviours that minimize unnecessary risk. It also encourages them to pass this information on to educate their friends, family and community in the area of injury prevention in order to also keep those individuals healthy and safe.

What makes P.A.R.T.Y program unique is its hands on interactive approach in a hospital based environment. We have been able to reach thousands of students with the program's all-encompassing injury prevention messages: "DriveSober, Wear the Gear, Look First, Buckle Up and Get Trained." But the program needs a voice and needs to be able to grow so we can reach more of our youth who are the future and can help reduce this injury epidemic. Currently this program is an unfunded program and its availability and success is based on the commitment of the volunteers including our civic partners.