

Another Tool in your Toolkit: An Introduction to Breaking Free Online

Tuesday, July 30 (9:30 - 11:00 am NDT; 9:00 - 10:30 am ADT)

The Breaking Free from Substance Use Program is an evidence-based digital behaviour change program that targets over 100 substances. The program is available to all residents of Newfoundland and Labrador aged 16 and over at no cost. [Click here for an information sheet about Breaking Free.](#)

Learning Objectives are to Understand:

- The components of the Breaking Free Solution, including the Breaking Free from Substance Use Program, Companion Canada App, Outcomes Dashboard, and Operational Toolkit.
- The underpinning evidence base and ongoing research programme.
- How to support individuals in your care to sign up to the Breaking Free from Substance Use Program.
- How to access all the resources contained within the Operational Toolkit to facilitate successful implementation of the Breaking Free Solution within your organization.

Presenters:



**Dr. Jonathan Ward, MSc,
ClinPsyD**
Managing Director at TELUS
Health: Breaking Free



**Dr. Sarah Elison-Davies, PhD,
CPsychol**
Research Director at TELUS
Health: Breaking Free



**Glyn Davies, MSc (Econ),
CSci**
Service Development Director
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Target Audience:

Any organization or personnel supporting people who use substances.

Leadership and operational staff from substance use treatment and recovery services.

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Please direct questions about this webinar
to kate.lambert@easternhealth.ca