Introducing the Mike and Vicki Project

Using local partnerships to address substance use in BC schools

The Mike and Vicki Project was developed by the Interior Health Authority of BC and the Penticton South Okanagan Similkameen RCMP with Mind Festival Learning. The resource was created for youth, adults, and facilitators on the topic of substance use.

Follow Mike and Vicki, two high school students, through a “choose-your-own-adventure” story as they plan their weekend and attend a party. The user gets to make decisions for Mike and learn about the potential consequences for Mike and those around him. Each choice takes the user down a different path of the story.

The individual strands of the resource focus on different themes, such as communication, relationships, substance use, and alcohol use. The story ends with discussion-prompting questions and Fast Facts. The Mike and Vicki Project website includes individual sections for youth, facilitators, and adults as well as many other helpful links and resources related to substance use.

A guide for the resource is available on the website. The guide has two separate components:
1. A list of the strands including their individual themes and topics.
2. A detailed overview of each strand.

There are many ways to use this resource including:

- As a presentation
- As a resource to provide to a parent/care-giver
- As targeted prevention
- In a small or large group
- With an individual student or client
- To help identify a theme for discussion (e.g., bullying, relationships, etc.)
- As a supplementary resource for course work (e.g., psychology, planning, etc.)

To find more substance use resources like the Mike and Vicki Project, click here.