

HARM REDUCTION

FALL NEWS 2022

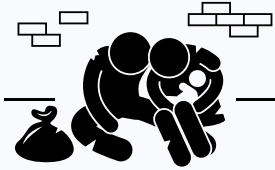
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why

DECRIMINALIZE?

REDUCE POVERTY

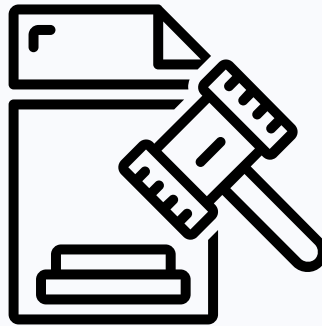


SAVE PUBLIC FUNDS



IMPROVE ACCESS TO NON-COERCIVE, EVIDENCE-INFORMED TREATMENT AND SUPPORT

IMPROVE ACCESS TO HEALTHCARE, SOCIAL SERVICES, AND EMERGENCY CARE



DECREASE HUMAN RIGHTS VIOLATIONS



ADDRESS DEADLY STRUCTURAL STIGMA



ADDRESS SEXISM, RACISM, AND COLONIALISM, VIOLENCE, AND DISCRIMINATION

IMPROVE ACCESS TO EMPLOYMENT AND AFFORDABLE HOUSING OPPORTUNITIES

DECREASE NEW HIV AND HEPATITIS C INFECTIONS

PROTECT THE HEALTH, HUMAN RIGHTS, AND DIGNITY OF PEOPLE WHO USE DRUGS

LOOKING FOR

HARM REDUCTION CHAMPIONS!



**Are you passionate about
Harm Reduction?**

We need your feedback on the implementation of the upcoming harm reduction policy, roll out strategies, education modules, and the harm reduction toolkit. For more information contact:
alison.houweling@interiorhealth.ca

THANK YOU!

TO THE PRESENTERS WHO ATTENDED OUR CONTRACTED PARTNER NETWORK CONFERENCE (HR/BBI)



Len Pierre is Coast Salish from Katzie (kate-zee) First Nation. Len is an educator, consultant, TEDx Speaker, social activist, traditional knowledge keeper, and cultural practitioner. As an agent for change, Len leads and advises for systemic transformation in universities across North America. He specializes in the development of educational programs and services with decolonization and reconciliation as its core values.



Smokii Sumac (Ktunaxa) is an Indigenous adoptee, intergenerational residential school survivor, and two-spirit poet and PhD Candidate in Indigenous Studies at Trent University. Find out more at smokiisumac.com “We have Everything We Need” Smokii will share Indigenous teachings about our relationships to land, waters (including “Nupika Wu’u”-the hot springs), and ourselves.



Warren Hooley is a 36-year-old man from the (Okanagan) Territory in Penticton, British Columbia. Having mixed roots of Okanagan, English and Ukrainian and growing up in both western and indigenous worlds, Warren sees himself as a bridge, helping both sides move from any polarity to deeper connection. For the past 11 years, Warren has passionately facilitated over 2000 workshops on the topics of Compassionate Communication, Indigenous ‘Allyship’ and Decolonization.



Did you know?

MORE
THAN

50 OVERDOSES

HAPPEN IN BATHROOMS
EVERY MONTH IN BC*

There are ways of making bathrooms safer for people who use substances.
This toolkit is designed to help you do that.

1 Assess

Start by completing a Bathroom Safety Assessment Walkthrough Checklist for each bathroom.



2 Make a plan

Develop and implement a plan to improve safety for all bathroom users.



3 Use Safer Bathrooms Resources

- Use our Guide to create a policy and/or protocol
- Download our editable Bathroom Signs
- Practice with our Mock Overdose Response Scenarios for staff training and support
- Modify or design a bathroom using our Design Fact Sheet



Visit saferbathrooms.ca for more information on bathroom safety and to download resources:

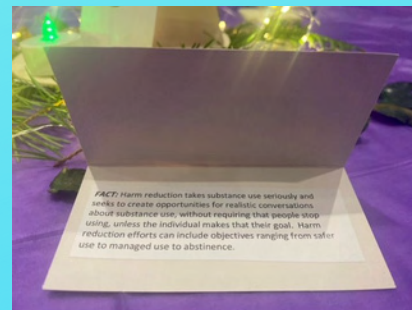


Developed with the support of
Michael Smith Health Research BC (Reach Program)

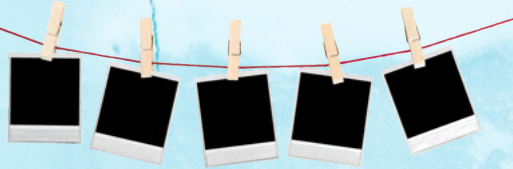


* Disclaimer: This statistic is based on 9-1-1 calls to BC Emergency Health Services where it was specifically documented to have occurred in a washroom and is likely an undercount of all drug poisonings that take place in washrooms. The safer bathrooms toolkit provides a repository of potentially useful documents to assist with communication, training, policy and protocol development, and design. They were developed in 2022 using experiential knowledge, lessons learned in practice, and existing resources. The usefulness of these documents and outcomes may vary depending on the setting. The team responsible for the toolkit's development does not accept legal liability or responsibility for the toolkit or any consequences arising from its use.

community events



Team Building



Interior Health



HARM REDUCTION AND SEXUAL HEALTH POPULATION HEALTH



Interior Health

Youth Harm Reduction Program (Y-HR)

Harm reduction is an approach to providing care and support that is based in respect, compassion and inclusion. A harm reduction approach includes programs, policies and practices that aim to reduce the negative consequences associated with behaviors that are often considered high risk, like substance use and some sexual practices.

Why a harm reduction approach for youth?

Youth vary in their experience with substance use, their needs and readiness to change. While abstinence-based programs may be effective for some, they do not meet the needs of all youth. Research shows that youth perceive harm reduction approaches as more helpful and practical than approaches that focus exclusively on not using substances. Harm reduction approaches do not encourage youth to use substances –they present the real risks of using substances while also providing information on how to reduce risks if using substances.

Our beliefs

The work of the Y-HR Program is guided by a pragmatic approach to youth substance use; what we like to call being **REAL**. The beliefs that guide our work include:

Risk reduction: Open, honest, fact-based discussions about substance use without fear of punishment, shame or stigma are essential to prevent substance use related harms among youth.

Education: Substance use education programs for youth should be based on evidence and facts.

Access: Youth should be able to access the full range of harm reduction services that are available to adults in spaces where they feel safe and comfortable.

Lived experience: We value the voices and experiences of youth who have lived-experience with substance use. Their input and involvement is essential to the work we do. Trauma informed practice and cultural safety principles should be at the core of everything we do.

What does the Y-HR Team do?

The team works with the people and systems that provide services to youth. This includes Interior Health staff, community and government agencies, and schools. By building capacity and skills, we aim to create more safe spaces where youth can talk openly about substances, access needed services and ultimately reduce substance use related harms. The team provides a number of services including:

- Training for service providers who work with youth.
- Substance use policy consultations
- Consultation on substance use education approaches, program recommendations and resources.
- Facilitate youth access to harm reduction services and supplies including naloxone programs, safer sex and safer substance use supplies, and drug checking services.

How to reach us? It's easy! Just send an email to harmreduction.coordinator@interiorhealth.ca and ask to be connected with the Youth Harm Reduction Team.

Last updated –September 16, 2022

Youth Harm Reduction Team

HITS THE ROAD!

THE NEW YOUTH HARM REDUCTION TEAM HAS HAD A BUSY FALL GETTING OUT INTO THE COMMUNITIES, MEETING WITH SCHOOLS IN THE REGION AND FACILITATING TRAINING. HIGHLIGHTS INCLUDE:

School District 23 (Central Okanagan): A virtual workshop was held in late August for administrators and staff from the District on “Responding to the Effects of Substances” that provided an opportunity to learn about the effects of various substances and how to respond to drug poisonings and other adverse effects.

Nakusp Secondary School: The “Responding to the Effects of Substances” training was provided in person for administration and teachers at Nakusp Secondary School. The workshop included the opportunity for hands on practice using naloxone and lots of opportunity for dialogue.

Williams Lake Foundry: A full day in person training session was held in Williams Lake for staff and community partners in preparation for the opening of the new Foundry. The session brought together staff from Foundry, Interior Health Mental Health and Substance Use, Williams Lake Boys and Girls Club and the Denisqi Services Society. Facilitated in partnership with the local Boys and Girls Club Harm Reduction Coordinator, the workshop explored harm reduction myths and principles, implications for practice and provided information on harm reduction supplies and local issues and resources.

The team is excited to collaborate with the people and systems that provide services to youth including Interior Health staff, community and government agencies, and schools. Through a capacity building approach, the team aims to create more safe spaces where youth can talk openly about substances, access needed services and ultimately reduce substance use related harms.

PROMOTIONAL MATERIAL FOR HARM REDUCTION SUPPLIES

The Harm Reduction team is streamlining their signage at all harm reduction site locations across the Interior. This will increase the awareness of the availability of Harm Reduction supplies. More information to come!



New! Toxic Drug & Health Alerts

A new health alert system has been launched across Interior Health in response to the ongoing toxic drug emergency. The Toxic Drug Alerts system uses text messages to send alerts about toxic drugs circulating in the region.

Sign up for
toxic drug alerts

Text **JOIN** to **253787**
ALERTS

Standard message rates may apply



**341 CONTACTS IN
NELSON (OVER 16 @ 4
HOUR SHIFTS) AND 72
CONTACTS IN TRAIL
(OVER 1 WEEKEND)
& 230 HARM
REDUCTION SUPPLIES
GIVEN OUT**



**WEST KOOTENAY LIVED AND LIVING
EXPERTISE OUTREACH**



OVERDOSE PREVENTION & RESPONSE



Nelson, Trail and Castlegar have experienced a substantial increase in drug toxicity events including deaths.

As a result, a temporary episodic overdose prevention (eOPS) mobile outreach service supported by Rural Empowered Drug Users Network (REDUN) coordinators and their members was delivered in both Trail and Nelson over the weekend of August 26/27.

The most recent data indicated a continued increase in toxic drug deaths with inhalation as the mode of consumption in Nelson. The program was extended in Nelson, to continue on Friday and Saturday nights until the end of October. This pilot was funded by Interior Health. It is the hope that a permanent fixed inhalation site will be established by then.

REDUN Rural Empowered Drug Users Network members in teams of 3 or 4 filled a wagon with homemade sandwiches, electrolytes, water, harm reduction supplies, naloxone kits, socks and sometimes blankets and clothes and hit the streets at 9pm on a Friday and Saturday night. They witnessed 92 people using substances, gave out 62 naloxone kits and made 258 sandwiches. The response was overwhelmingly positive for the REDUN outreach team and for the people accessing their service.

BUILT TO LAST



Please contact your Harm Reduction Coordinator for more information!

harmreduction.coordinator@interiorhealth.ca

What is a Brave Space?

Psychologically Safe:
Safe to ask questions, seek feedback, report mistakes and problems, or propose a new idea without fearing negative consequences

Spiritually Safe: Able to follow spiritual practices without a feeling of persecution

A place where your physical space is safe (no hazards, designed for Covid Protocols, etc.) A space to honor and respect different genders (for washrooms and change rooms, etc.)

A safe space is a place where people feel psychologically safe. The individuals can honestly express their thoughts, opinions, and attitudes without fear of ridicule. A space that doesn't spur judgement based on identity or lived experience.



Safe & Brave Spaces



CHECKLIST

Taken from: Normalize It! | KamloopsPride

- Flag representation on badges, tags, or uniforms
- Pronouns on Name Tags
- Gender-neutral washrooms
- Gender-neutral signage
- Pronouns identified on business cards, letters, email, and other forms of communication
- Representation on storefront or window (ex: flag sticker)
- 2SLGBTQIA+ representation on social media platforms (ex: pride flag/transgender flag)
- emojis in bio or sharing local 2SLGBTQIA+ events)
- Intake forms, questionnaires, or application forms have optional sections for writing pronouns and name

2SLGBTQIA+: What does the acronym mean?

- 2S: Two-Spirit
- L: Lesbian
- G: Gay
- B: Bisexual/Bi
- T: Transgender/Trans
- A: Asexual/Aromantic
- Q: Queer/Questioning
- I: Intersex
- +: includes all other genders/sexualities not previously accounted for

For online education please visit: [Online Courses \(phsa.ca\)](https://www.phsa.ca)

Alcohol-Related Harms



Alcohol use comes with health risks. At the same time, it is often viewed as socially acceptable and has become normalized in our society. Local governments may unknowingly have a hand in this normalization by contributing to environments that lead to greater access, advertisement, or consumption of alcohol. When building a healthy community, goals can include fostering a culture of moderation, and taking pragmatic steps to lessen the negative impacts of alcohol consumption. Local governments are in a unique position to foster healthy environments and shape culture. Therefore, the purpose of this document is to provide an overview of the costs and effects of alcohol consumption so communities can continue to have informed conversations about how to best reduce the associated risks.

LEGAL YET HARMFUL

Alcohol is a legal and regulated **drug**. Despite how normalized alcohol is in our culture, the harms, costs, and quantity of consumption are greatly underestimated.

Since 2002, the Interior Health (IH) region has had the highest per capita alcohol consumption rates; 2020 being the highest year of consumption on record.

COSTS

The direct societal costs of alcohol in BC due to health care, lost productivity, and enforcement costs were over \$2 billion in 2017. The government gross profit from alcohol that year was \$1.4 billion, creating a net negative balance. These costs were related to policing as well as social costs (disability/injury from impaired driving, domestic violence, and lost work time/productivity).

75% % of men and women who drink underestimate how much they consume

HEALTH RISKS

Alcohol is linked to more than 200 health conditions, ranging from cancer and cardiovascular illness to physical injuries and mental illness.

Alcohol-related deaths typically arise from complications of alcohol use itself or alcohol-related injuries (motor vehicle accident, drowning, suicide).

Alcohol-related hospitalizations and deaths have been consistently increasing in the Interior region since 2012.

Substance use-attributable costs, BC, 2017¹⁰

	Emergency Department Visits	Policing
Alcohol	\$59.1 M	\$157.6M
Tobacco	\$18.3M	\$0.0
Opioids	\$5.04 M	\$80.3M



FINDING HARM REDUCTION INFO ON INTERIOR HEALTH'S NEW WEBSITE

Change can be hard even when that change is good. Interior Health has a swanky new website that looks great and is easier to navigate. But if you were used to finding harm reduction info on the old website, you may be feeling a little lost with the new one. Here are a few tips to help you find what you are looking for.

HARM REDUCTION INFORMATION FOR COMMUNITY PARTNERS

This is where you can find all the info that our external partner agencies need about naloxone, harm reduction supplies, overdose prevention and drug checking guides, peer engagement tools, courses like Harm Reduction 101 and the fentanyl test strip online course and more.

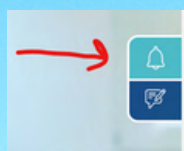
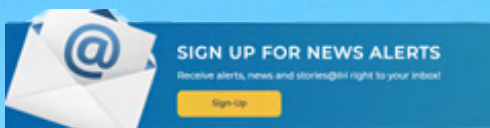
How to get there from the home page? Click the "[Information For](#)" button at the top and select community partners and look for the harm reduction button.

HARM REDUCTION

This page is where you will find high level information for the general public on harm reduction as it applies to substance use - what is harm reduction and why is it important; a brief description of the key harm reduction services and all the sharps information is here too. To get here from the home page click the Health Wellness button then pick Substance Use and Addiction, and find the [Harm Reduction button](#).

DRUG AND OVERDOSE ALERTS

The most current drug and overdose alerts are here. To see all the alerts in the region click on the little bell on the home screen then choose from COVID-19, Environmental or Toxic Drugs.



SEXUAL HEALTH

Here you can find information on STIs, HIV, HCV, gender identity and sexual health resources, Aboriginal sexual health resources and more. To get here from the home page click the Health and Wellness button then pick [Sexual Health](#).

OVERDOSE PREVENTION AND TREATMENT

This page is for the general public. There is information here on how to identify and respond to an overdose, overdose response services, overdose and substance use related news and surveillance (Coroners reports and BCCDC dashboards). To get here from the home page click the Health & Wellness button then pick Substance Use and Addiction and click on the [Overdose button](#).



SEEKING YOUTH ARTISTS' VIEWS ON TOBACCO AND VAPING!

CONTEST ALERT!

The contest will run from Oct. 1 to Nov. 15, 2022 and the winners notified and announced on the week of Jan. 15, 2023.

FIND OUT MORE ABOUT THE CONTEST AND HOW TO PARTICIPATE AT WWW.INTERIORHEALTH.CA/TAKEABREATH

The best way to promote awareness and healthy choices to youth is by involving them in the dialogue and sharing meaningful and honest messages with them. That is why the Tobacco and Vapour Reduction (TVR) team at IH launched the youth poster contest "Take a Breath: Teen Voices on Tobacco and Vaping". The goal is to learn and share youths' views on how using tobacco and/or vaping affects them and their friends, family, school and community, and to engage young people, schools and families in the conversation.

Students under 19 years of age enrolled in Grades 8 to 12 across the IH region are invited to share their view on the impacts of tobacco use and vaping through an original artwork inspired by 5 different themes for a chance to win a gift card of \$150 value.



You can also promote the contest in many ways:

- Share this information with educators and other professionals working with youth
- Display the contest poster where youth can see it
- Encourage youth in your personal and professional circles to participate

CONTEST ALERT! Submissions due **Nov. 15, 2022**

Seeking Youth Artists

Take a Breath: Teen Voices on
Tobacco and Vaping



Submit an original artwork in a poster format that shares a message
about the impact of youth smoking, tobacco use and vaping

Youth in Grades 8-12 living in the Interior Health region are eligible



For contest rules, guidelines and entry form visit: interiorhealth.ca