

HARM REDUCTION

WINTER 2023

IN THIS ISSUE

- Meet the team
- Welcome to the team!
- BC Interior Festival Drug Checking
- Decriminalization
- Harm Reduction Newsflash with Chloe
- The Naloxone Blue Kit Program
- Vending Machines
- Words Matter
- The Mama Bears of Baker Street
- Buttons
- Guide to Wound Care
- Harm Reduction Resources

MEET



THE TEAM

welcome *to the team*

Nelson's career began in law enforcement before he entered the non-profit sector in 2014. Since then he has worked in both frontline and leadership positions in crisis work and harm reduction. Nelson holds a diploma in risk management and has contributed to projects like the 24/7 Crisis Diversion Team and the introduction of supervised consumption sites during his time in Edmonton. Most recently, Nelson has been working at the Cammy Lafleur Street Clinic in Vernon. Nelson's work experience has imbued him with passion and a deep urgency to promote social justice and compassionate, science-based responses to addiction and drug use. Nelson is a team player who values personal connection, community solidarity, and team spirit.

Originally from Treaty 1 territory, in Winnipeg MB, Jordan relocated to Kelowna in 2011 after completing her Social Work degree at the University of Calgary. Jordan has spent her career working alongside people who use substances, in harm reduction outreach, housing, and treatment before joining the Substance Use Team as a clinician at Kelowna MHSU in 2017. For the past two years, Jordan has had the privilege of working alongside people with lived & living expertise of substance use (PWLLE), as their Peer Coordinator, supporting the important work of integrating Peers into Kelowna's Substance Use services. Jordan's work is built on her values of centering & learning from those most impacted by the work, relationship building, and pursuing equity and inclusion through advocacy and mindful collaboration. Jordan is excited to bring this lens, as well as her passion, to the decriminalization role.

**NELSON
GLADDERS**



**JORDAN
MCALPINE**



welcome *to the team*

January 2011 I started with Interior Health working in the Communicable Disease Unit. The high standards and incredible staff of this regional department was a perfect environment to learn and support. In 2013 with the implementation of the STOP (Seek and Treat for Optimum Prevention) HIV Initiative my support expanded to also include the Harm Reduction and the Immunization Programs. Over time I continued to build fulfilling working relationships within IH, other health authorities and our contracted agencies.

Last November I was very fortunate to join the Harm Reduction program. Sharing my knowledge and continued learning is important to me along with my goal of a positive work environment where teams grow and support each other. I have landed in the perfect position, which I am so thankful for!! Outside of work, most important to me is spending time with my family and friends and of course my other loves of time spent in, on or near water and in my garden. All great places to be outside of work.

Myanne started her career as a Registered Nurse in 2007 after obtaining a Bachelor of Science in Nursing. She has worked in a variety of healthcare settings including acute care, psychiatry, mental health, and public health. Myanne has had the privilege of working within Indigenous communities as she was a Community Health nurse for the Ktunaxa Nation in the Interior of British Columbia for 10 years. Globally, she has volunteered with Caring Partners International in Africa and Project Medicare in Haiti.

Myanne has a deep passion for community development focusing on healthy public policy and creating healthier communities. Myanne is new to the Harm Reduction Coordinator role and is excited to be part of a team that is striving for social justice while working from a place of compassion through a harm reduction lens.

Myanne recently relocated to Salmon Arm from the Elk Valley. When not working Myanne is found spending time with her partner and three young daughters, preferably outside in nature.

**LIESL
NEGRAIFF**



**MYANNE
PEACOCK**



2022

BC INTERIOR FESTIVAL DRUG CHECKING

Results of drug checking services from two of the largest electronic music festivals in British Columbia, Canada.

24 900

Total festival attendees

3868

Samples analyzed

2327

Service Uses

1.7

Average drugs tested per service use

6900

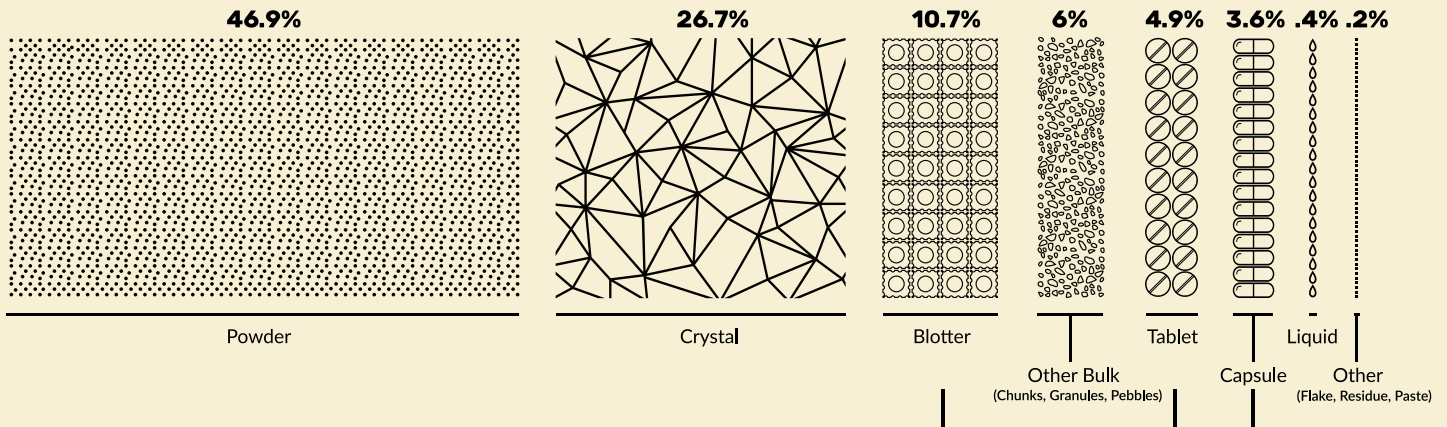
Bass Coast

18 000

Shambhala

WHAT DO DRUGS LOOK LIKE?

A look at all the shapes and forms of the drugs that were analyzed.



1 OUT OF 5



Of all drug samples came in the form of a pre-measured unit. (Blotter, Capsule and Tablet)

Did you know that Interior Health published a report from the findings from two festival drug checking services, read the rest here:



drugchecking.ca/2022-festival-infographic



Interior Health

DECRIMINALIZATION

As of January 31st, 2023, a three year long Health Canada exemption has taken effect in British Columbia, decriminalizing the personal possession of 2.5 grams or less of MDMA, cocaine, methamphetamine, and many opiates.

Decriminalization applies only to adults, and does not apply on the properties of airports, K-12 schools, or child care facilities.

Decriminalization is not legalization, and only means that when these substances are encountered, there will not be a risk of criminal penalty. The broader change, we hope, will be in the ways that people who use drugs are seen and thought of. If drug use is impacting someone's health, we can address that without passing judgement on them. If asking for help means risking scorn, judgement, and potentially criminal charges, those who do struggle will hide it until it can no longer be hidden. If asking for help just means getting help, it is much easier to reach out.

Decriminalization represents a cessation of some harms caused by criminalizing simple possession of these substances. Decriminalization is a necessary step but safer supply, overdose prevention services, and other public health measures remain necessary to fight the effects of toxic drugs and protect life in British Columbia.

KNOW YOUR RIGHTS

'Decriminalization' of personal drug possession in BC

From January 31, 2023, to January 31, 2026, the Province of BC has decriminalized the personal possession of certain types and amounts of drugs for people in BC.

DISCLAIMER: This is public legal information, current to December 2022.
It is not legal advice. Please consult a lawyer or advocate for specific advice.

https://www.pivotlegal.org/need_help





Harm Reduction News Flash with Chloe

FAVORITE WEBINAR:

[Making it Queer: Intro to Harm Reduction through a Gender and Sexual Diversity Lens](#)

FAVORITE PODCAST:

[Crackdown Podcast](#)

FAVOURITE METH HARM REDUCTION BOOKLET:

[The Meth Booklet](#)

FAVORITE INCLUSIVE LANGUAGE GUIDE:

[BCCDC Language Guide](#)

FAVORITE VIDEOS ON HARM REDUCTION & REDUCING STIGMA:

[ANKORS - YouTube](#)

FAVORITE "HOW TO" DOCUMENT ON HOW TO OPEN AN OVERDOSE PREVENTION SITE:

[This Tent Saves Lives — CAPUD](#)

FAVORITE VIDEO SERIES FROM THE PEER2PEER PROJECT:

[Peer2Peer Project - YouTube](#)

FAVORITE SOURCE FOR HARM REDUCTION PAMPHLETS/ POSTERS:

[CATIE ordering center](#)

If I ever want to do a quick learn about a drug I go to:

[PsychonautWiki](#)



SCHOOL SHOUT OUT!



Image: Rhys Waters, Vice-Principal at Salmon Arm Secondary - Jackson and Bree Hawrylak, Health, Safety & Wellness Coordinator for SD83

The Naloxone Blue Kit Program for School educators is up and running! The program is an Interior Health initiative to help schools prepare to respond to an opioid drug poisoning (overdose) on site as part of their emergency response plan. Schools are provided with a free naloxone kit and staff are trained on how to responded to an overdose.

School District 83 paved the way in January with training taking place for 43 members of their administrative team.

The one hour workshop covers a foundational knowledge on how to respond to the effects of substances, harm reduction and stigma approaches, hands on naloxone training and a group discussion on issues unique to the school environment.

Want to learn more? Check out the program in the [Youth Toolkit](#).

HARM REDUCTION

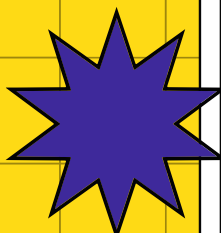
VENDING MACHINES

SUCCESSFUL ORGANIZATIONS:

- ANKORS
- METIS NATION BC
- CANADIAN MENTAL HEALTH ASSOCIATION
- FRIENDSHIP SOCIETY



CONGRATS TO
OUR
SUCCESSFUL
GRANT
APPLICANTS!!



Community organizations had the opportunity to apply through the Population Health Harm Reduction Program for one time funding to purchase a Harm Reduction Vending Machine. Distribution models, such as vending machines, for harm reduction supplies increase access to sterile syringes and other equipment during times/days when other harm reduction services are closed (CATIE, 2021). People access harm reduction supplies in a variety of patterns - some stockpile equipment and others acquire supplies on a daily basis (CATIE, 2021). People who tend to access supplies on the daily are more likely to engage in sharing or reusing of equipment due to lack of access (CATIE, 2021). Reusing and sharing equipment can lead to numerous adverse health consequences impacting the individual, and the larger community.

LOCATIONS

- Cranbrook
 - Trail
 - Grandforks
 - Meritt
 - Kelowna
 - Salmon Arm
 - Lillooet
- 

WORDS MATTER

WORDS MATTER! LANGUAGE STATEMENT & REFERENCE GUIDE

WHAT NOT TO SAY	WHAT TO SAY
"DRUG USERS" "DRUG ABUSERS"	"PEOPLE WHO USE DRUGS OR SUBSTANCES" "THOSE OF US WHO USE DRUGS OR SUBSTANCES"
"DRUG DEALERS, TRAFFICKERS, PUSHERS, OR DRUG PEDDLERS"	"PEOPLE OR PERSONS WHO DISTRIBUTE DRUGS" "PEOPLE OR PERSONS WHO SUPPLY DRUGS"
"ADDICTS, JUNKIES, OR ABUSERS"	"PERSON WITH A SUBSTANCE DEPENDENCE"
"BINGEING"	"HEAVY USE"
"RECREATIONAL DRUG USER"	"PERSON WHO USES DRUGS OCCASIONALLY OR NON-DEPENDENT DRUG USE"
"BAD TRIP"	"DIFFICULT EXPERIENCE OR CHALLENGING SITUATION"
"CLEAN AND SOBER"	"NOT USING"
"RELAPSE"	"REOCCURENCE"

THE MAMA BEARS OF BAKER STREET

HIGHLIGHT

Interior Health supports the Mama Bears of Baker Street with funds to carry out harm reduction and consent outreach in the nightclubs on busy bar nights and on Nelson's busy Baker Street. The project was started following women who frequented night life venues in Nelson reporting drink spiking incidents, harassment and assaults. Following the format of Good Night Out Vancouver, Mama Bears coordinator Cat Spears, a family support worker, mother and long term member of Shambhala's harm reduction team, reached out to local nightclubs having New years events and offered support from the outreach team. Three out of the four clubs approached, responded with enthusiasm for the project, welcoming Cat and her team into the venues. One venue declined. The project entailed the "Mama bears" roaming downtown Nelson from 10pm until 2:30am. They gave their cell number to the staff at the doors of participating venues and did a walk through wearing identifiable scarfs and carrying backpacks full of supplies to hand out. Bloom nightclub manager had this to say about the team. "You guys did an outstanding job and I noticed a difference with your presence. Thank you very much for including Bloom on this important lifesaving service".

The rest of the night was spent walking in between all the bars on Baker Street.

A CUP CONDOM IS AN ANTI DRINK SPIKING TOOL THAT COVERS THE TOP OF A DRINK



Cat Spears explains, "we spent 90% of our time on the street chatting with everyone we encountered. With a total of 225 contacts over the course of the night. We chatted with any women that we felt could be in a vulnerable position, we checked where they were going and with whom and how they were getting there. We put one woman in a cab. We watched for gender based violence and harassment".

Now with the approval of a mini grant from Interior Health the Mama Bears will have some support to go out on busy bar nights in Nelson throughout the year.

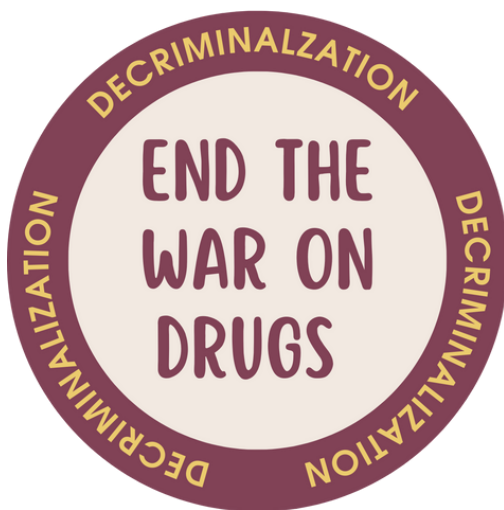
Cat Spears states, "we needed women to see us and to know they had a safe place to go and we needed potential perpetrators to see us and know they were being watched. We want everyone to see Nelson as a place that does not tolerate gender based violence and harassment".

Written by Chloe Sage and Cat Spears



"The team gave out loads of water, juice boxes, candy, chocolate, condoms, ear plugs, cup condoms*. We reminded everyone about consent. We checked on the wobbly women, we located missing girlfriends, supported the crying, confused, overwhelmed and cold. I had a great new years eve "

BUILT TO LAST



**Please contact your Harm Reduction Coordinator
for ordering and more information!**

harmreduction.coordinator@interiorhealth.ca

Trigger Warning: strong imagery below



toward
THE heart.com
BCCDC HARM REDUCTION SERVICES

A Harm Reduction Guide to Wound Care

Antibiotic Tips

- Only take antibiotics that are prescribed for you
- Do not share prescribed antibiotics
- Do not save your antibiotics for a different infection

Untreated severe wounds can cause serious complications like amputation or blood infection (sepsis)

OK: Watch



Stop: Get Urgent Care



Caution: Get Checked

Please visit Towards the Heart for this amazing resource!

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](#).

