



Communications Toolkit

For Mental Health and Addictions Service Providers

2020 - 2021

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Introduction

This Communications Toolkit has been developed for Health Service Providers (HSPs) across the north. The Toolkit provides the opportunity for HSPs to embed information on where to access services and utilize resource templates such as posters and suggested social media posts to address myths and outlines strategies for harm reduction and safer substance use during COVID-19.

Background

There has been a noted increase in overdoses and unsupported withdrawals within Northern Ontario, however it is unclear if this is COVID-19 related or if it is a seasonal trend. Business closures, border closures and social changes have led to decreased access to alcohol and disruptions to the drug supply. With the reduction of services and/or the transition of services virtually throughout the region, this has disrupted care pathways and has resulted in a decrease in access to some addictions services throughout Northern Ontario. There has also been reduced access to harm reduction supplies in some areas and a large amount of misinformation being circulated related to treatments during COVID-19. All of this has led to misinformation over which services remain open and accessible to patients.



What's inside!

Tool	Purpose
Safer Substance Use for the North logo	For placement alongside agency logos
Media Release Template	Ability to personalize information/quotes
Drug Alert Template	Information for HCPs
Social Media	Suggested content for posting/sharing
Adaptable Resources	Ability to insert information specific to agencies/communities
Curated Resources	Ready to use printable and shareable resources
Stigma and Harm Reduction	Consistent information/messaging for HSP use
Resources Appendix	Listing of websites/resources for added information

How to use the Toolkit

Inside this Toolkit, you will find templates and resources that you can personalize for your agency/community. Instructions on logo placement and use is included as well as pdf versions of posters and tip sheets that can be printed out and distributed as needed. For those who are limiting the distribution of printed materials at this time, feel free to simply have the information on display or posted in treatment areas and waiting rooms. Other point of care areas within your community whereby information can be shared include walk-in clinics, pharmacies, etc.

Suggested social media posts have also been included. Should you wish to attach any of the resources in the Toolkit to any social media post/hashtag, simply include the link to the poster you wish to use.

Note** Please adhere to any translation requirements. If you are an identified organization for French Language Services, Réseau Access Network Sudbury may be able to assist you in your translation requirements of adaptable resources. Their contact information is included in the Resources Appendix. For curated resources, please contact the source directly or visit their website for translated versions.

Safer Substance Use logo – for placement on agency material



HSP Logo

Logo placement on printed material
(Translation on reverse – if applicable)

Adaptable Resources

The resources on the following pages can be adapted to display your agency's logo and pertinent contact and service information. Simply insert in the space(s) provided to make them specific to your agency/community.



HSP Logo

Noted Increases in Overdoses and Unsupported Withdrawals Being Felt in Communities across the North

Community Name – The Mental Health and Addictions sector is feeling the impact COVID-19 is having on patients and clients. Higher acuity levels within hospitals and noted increases in overdoses and unsupported withdrawal is being reported in many local communities across the north.

“Mental health and substance use challenges continue to test our health care system and we are seeing these pressures worsen as the pandemic evolves,” explains **(insert spokesperson and title)**. “Business and border closures, as well as social changes are contributing to decreased access to alcohol and disruptions in the drug supply.”

In addition, reduced access to harm reduction supplies in some areas and misinformation related to access to services and treatment during COVID-19 only compounds the issue. “Every 10 hours in Ontario, someone dies of an overdose,” explains **(insert spokesperson and title)**. “This clearly tells us that more needs to be done to combat the effects COVID-19 has had on the mental health and addictions sector. Now more than ever, people who use drugs are encouraged not to use alone and to have Naloxone on hand regardless of the substances used.”

A task team, comprised of health care representatives from across the north, is focused on safer substance use and has developed a northern toolkit to get information and resources out to those who may be struggling with substance use. Included in the toolkit are templates for posters and social media ads that can be tailored specifically to each community.

Any service providers interested in a copy of the toolkit are encouraged to reach out to mhanorth@hsnsudbury.ca

For more information, please contact:
(insert contact info)

Drug Alert (insert drug name/slang term) **Detected in** [insert community name]

[Insert service provider] has issued an alert to the community about the detection of (insert drug name/drug) found in [insert community name] on [insert date] [insert how detected: eg, local urine sample; seized and tested by police, etc.]. It was/was not associated with an overdose or death.

Carfentanil is 10,000 times the strength of morphine and can rapidly lead to overdose and death. Street drugs contaminated with carfentanil have been detected with increasing frequency in Canada. This is the [eg. first time] (insert drug name) has been detected in the [insert community name].

Fentanyl is 20 to 40 times more potent than heroin and 100 times more potent than morphine. This makes the risk of accidental overdose very high. It can be mixed with other drugs such as heroin and cocaine and is also being found in counterfeit pills that are made to look like prescription opioids. Fentanyl or fentanyl analogues were involved in 77% of accidental opioid-related deaths in Canada in 2019.

Benzodiazepines (benzos) like lorazepam, diazepam or etizolam are commonly prescribed to treat anxiety and act as depressants. But combined with fentanyl, benzodiazepines such as etizolam can complicate overdoses, causing deep blackouts and breathing problems and making substance users hard to wake. Naloxone works on fentanyl but has no effect on benzodiazepines. While naloxone will not reverse the effects of etizolam, the community is encouraged to still administer naloxone in the event of any suspected overdose, as you will not know what drugs caused the overdose.

Signs and symptoms of opioid toxicity: It is uncommon for someone to die immediately from an overdose – it can take anywhere from a few minutes to a few hours. People survive because someone was there to respond - the most important thing is to act quickly. The following are signs and symptoms of an opioid overdose:

- Loss of consciousness or unresponsive to outside stimulus
- Awake, but unable to talk
- Breathing is very slow and shallow, erratic, or has stopped
- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- Choking sounds, or a snore-like gurgling noise
- Fingernails and lips turn blue or purplish black

Personal protection measures: The Ontario Poison Centre advises health care providers that, “Although very small doses of fentanyl and its analogues can be dangerous, there are no reports of rescuers succumbing to opioid overdoses when helping victims. There are no reports of peers, EMS workers or hospital staff getting ill by providing basic lifesaving care to these victims. Universal precautions should be followed as per usual.”

Counselling patients: People who use drugs can reduce the risk of harm from (insert drug name/slang term) and other opioids by:

- Using drugs in the presence of others (and if using together, not everyone should use at once), or arranging for someone to check in on them
- Using a supervised consumption site (if one exists in your community)

- Trying a small amount before using the usual amount (start low, go slow)
- Calling 911 if someone develops signs of opioid toxicity
- Administering naloxone

Naloxone and overdose awareness training are available for free through the [insert the local Health Unit/HSP that provides training: link to website]. Naloxone is also available at many pharmacies in [insert community name] with a valid health card: <https://www.ontario.ca/page/where-get-free-naloxone-kit>. Sign up for e-mail opioid alerts from the [insert Health Unit: link to website];

Modèles de documents d'information sur les opioïdes

Présence de [nom de la substance] relevée à [nom de la communauté]

[Nom de l'organisme] tient à aviser tous les fournisseurs de soins de santé que la présence de [nom de la substance] a été relevée à [nom de la communauté] le [date]. [Insérer s'il y a lieu : Jusqu'à présent, à ce qu'on sache, il n'y a eu aucune surdose ni aucun décès lié à la/au/à l' [nom de la substance] dans notre communauté.]

Le carfentanil est 10 000 fois plus fort que la morphine et peut rapidement mener à une surdose et à la mort. Au Canada, de plus en plus de drogues illicites sont contaminées au carfentanil. C'est la p.ex. première fois] que (nom de la drogue) a été décelée dans la communauté de [nom de la communauté].

Le fentanyl est de 20 à 40 fois plus puissant que l'héroïne et 100 plus puissant que la morphine. Le risque de surdose accidentelle est donc très élevé. Le fentanyl peut être mélangé à d'autres drogues comme l'héroïne et la cocaïne. On peut aussi en trouver dans des pilules contrefaites qui ressemblent à des opioïdes prescrits. En 2019 au Canada, le fentanyl ou ses analogues étaient associés à 77 % des décès accidentels liés aux opioïdes.

Les benzodiazépines (benzos) comme le lorazépam, le diazépam et l'étizolam sont des déprimeurs communément prescrits pour traiter l'anxiété. Toutefois, s'ils sont combinés au fentanyl, les benzodiazépines, notamment l'étizolam, peuvent compliquer les surdoses en causant une perte de connaissance complète et des problèmes respiratoires, ce qui fait que les utilisateurs des substances sont difficiles à réveiller. La naloxone agit sur le fentanyl, mais non sur les benzodiazépines. Bien que la naloxone ne renverse pas les effets de l'étizolam, les membres de la communauté sont quand même encouragés à administrer de la naloxone en cas de surdose présumée, car ils ne sauront pas quelles drogues sont en cause.

Les signes et symptômes d'une toxicité aux opioïdes : Il est rare qu'une personne meure immédiatement des suites d'une surdose; la mort peut survenir quelques minutes ou même quelques heures après l'événement. La survie dépend du moment de l'intervention : il est très important de réagir rapidement si on voit quelqu'un en surdose. En voici les signes et les symptômes :

- perte de connaissance ou absence de réaction aux stimuli;
- incapacité de marcher même si la victime est alerte;
- respiration très lente et peu profonde ou erratique, ou la victime arrête de respirer;
- peau bleue ou violette chez les personnes au teint pâle ou peau grisâtre chez les personnes au teint foncé;

- sons ressemblant à un étouffement ou gargouillement ressemblant à un ronflement;
- ongles de doigts et lèvres bleus ou violet foncé.

Mesures de protection personnelle : Selon le Centre antipoison de l'Ontario, « bien que de très petites doses de fentanyl ou de ses analogues puissent être dangereuses, il n'a été signalé aucun cas où un secouriste aurait succombé à une surdose d'opioïdes après avoir aidé une victime. De même, il n'a été signalé aucun cas où un collègue, un travailleur paramédical ou un membre de personnel hospitalier serait tombé malade après avoir fourni des soins de secours essentiels à une victime. Il importe cependant de prendre les précautions universelles habituelles. »¹

Conseils pour les patients : Les personnes qui consomment des drogues peuvent réduire le risque de méfaits liés à la/au/à l' [nom de la substance] et à d'autres opioïdes :

- en consommant les drogues en compagnie d'autres personnes ou en demandant à quelqu'un de venir vérifier périodiquement leur état;
- en évitant que tout le monde consomme en même temps si on consomme en groupe;
- en utilisant un lieu de consommation supervisé (s'il en existe un dans votre communauté);
- en essayant une petite quantité de la drogue avant de consommer la quantité habituelle;
- en composant le 9-1-1, puis en administrant de la naloxone si quelqu'un manifeste des signes d'une intoxication aux opioïdes.

Le Bureau de santé du district de [nom de la communauté], y compris ses bureaux régionaux, offre gratuitement des séances de formation portant sur la naloxone et les signes de surdose : [site internet]. On peut se procurer, en présentant une carte Santé valide, une trousse de naloxone gratuite auprès de nombreuses pharmacies à [communauté] : <https://www.ontario.ca/fr/page/ou-vous-procurer-une-trousse-de-naloxone-gratuite>.

¹ Centre antipoison de l'Ontario, *Myths and Facts*, <http://www.ontariopoisoncentre.ca/health-care-professionals/Opioid-Management/opioid-management.aspx> (en anglais seulement)

Social Media - Safer Substance Use Content

Facebook, Instagram, Twitter:

#safersubstanceuse - Inform yourself about how to use safely, here are some ways in which you can do this [\(insert link to poster\)](#)

#stopoverdose - If you use drugs, have a Naloxone kit on hand – it could save your life [\(insert link to poster\)](#)

#neverusealone - Never use alone or all at the same time.

#neverusealone - Use where help is available. Make a plan and know who to reach out to in case of an overdose

#knowyourdrugs - There are some very toxic and dangerous drugs on the street right now. It is impossible to identify how toxic or dangerous a dose may be.

#knowthesignsofanoverdose - If you use drugs, know the signs of an overdose.

#recoveryispossible - Addiction deserves the same amount of care and compassion as any other disease

#yourenotalone - 1 in 10 Canadians from all walks of life struggle with substance use.

#recoveryispossible - If you or someone you care about is struggling with substance use or is in crisis, you have options, we can help. Contact [\(insert information\)](#)

Be safe. Don't use alone. Never share supplies. #harmreduction

Naloxone saves lives. Get training on how to use naloxone now. #knowthesignsofanoverdose



Social Media

For Use on Websites, Facebook, Instagram, Twitter



Naloxone is safe to use during COVID-19.
Get a kit today and possibly save a life.

HSP Logo



No matter how deep and dark of a hole you
are in, you can come back from it and be
the inspiration for others

HSP Logo



Substance use deserves the same amount
of care and compassion as any other
disease

HSP Logo

Messaging for use on Television screens/Monitors



STRUGGLING WITH SUBSTANCE USE?

Visit or Call:

(list your local services here)

HSP Logo

Screen A

Harm Reduction Tips for Safer Substance Use in a Pandemic



Don't share your supplies

Sharing drug supplies increases the risk of spreading the virus. This includes sharing of cigarettes, joints, vapes, stems, pipes, straws, and injecting supplies (including ties, swabs, filters).



Wash your hands

- Use soap & water for at least 20 seconds or use alcohol-based hand sanitizer
- Wash after every time you are around other people, use public transportation, handle cash, and after getting your drugs.



Keep your space clean

- Wipe down all surfaces you use to prepare drugs, before and after use
- Use disinfectant whenever possible
- Wipe down drug packages when you get them



Prepare your drugs yourself

- Wash your hands first
- If you can't prepare your own drugs, stay with the person who is preparing them and make sure they wash their hands

Screen B



Stock up on supplies and medications

- Get enough harm reduction supplies to last you 2 to 4 weeks.
- Ask your medical provider about emergency plans for avoiding disruptions to your prescription medications (including Suboxone and Methadone)



Prepare for a drug shortage

- You may not be able to access your drug(s) of choice due to interruptions in the supply chain.
- Think about other medications that could help take the edge off
 - Seek medical help to get through withdrawal



Plan & prepare for overdose

COVID-19 can affect breathing, which can put you at greater risk of overdose. Remember to practice overdose prevention by not using alone, having lots of Naloxone on hand, starting with small amounts, and not mixing substances.



Minimize Contact

If you are having sex or doing sex work, COVID-19 can be transmitted by close contact like coughing, kissing, or direct contact with bodily fluids. Try to minimize close contact and use condoms.



For more information on tips for protecting yourself, visit Canada.ca/Opioids or for information on treatment resources or how to access services, call Connex Ontario at 1-866-531-2600
Adapted from: <https://www.gov.nl.ca/covid-19/files/COVID-19-Safer-Drug-Use-Harm-Reduction-Tips.pdf>

Administering Naloxone during COVID-19



CALL 9-1-1*. **WEAR** disposable gloves. **ADMINISTER** naloxone. **TILT** the person's face to the side or cover their mouth with a mask in case they cough



Chest compressions and/or the recovery position are **RECOMMENDED**



Rescue breaths are **NOT RECOMMENDED** at this time



WASH your hands with soap and water when done assisting

NALOXONE SAVES LIVES.

Naloxone temporarily reverses the effects of an opioid overdose.

Get your free kit at your local pharmacy today.

Pocket Card – Low Tolerance after Release

People leaving prison are at higher risk of overdose. Reduce your dose and don't use alone.

Naloxone temporarily reverses the effects of an opioid overdose. Get your free kit at any pharmacy near you.

HCP Logo

HCP Contact Information

Les personnes qui quittent la prison courent un plus grand risque de faire une surdose. Réduisez votre dose et ne consommez pas seul(e).

La naloxone renverse temporairement les effets d'une surdose aux opioïdes. Obtenez une trousse gratuite à n'importe quelle pharmacie.

HCP Logo

HCP Contact Information



HSP Logo

STRUGGLING WITH SUBSTANCE USE?

Visit or Call:

(list your local services here)

You Have Options. We Can Help.

Harm Reduction Tips for Safer Substance Use in a Pandemic



Don't share your supplies

Sharing drug supplies increases the risk of spreading the virus. This includes sharing of cigarettes, joints, vapes, stems, pipes, straws, and injecting supplies (including ties, swabs, filters).



Wash your hands

- Use soap & water for at least 20 seconds or use alcohol-based hand sanitizer
- Wash after **every time** you are around other people, use public transportation, handle cash, and after getting your drugs.



Keep your space clean

- Wipe down all surfaces you use to prepare drugs, before and after use
- Use disinfectant whenever possible
- Wipe down drug packages when you get them



Prepare your drugs yourself

- **Wash your hands first**
- If you can't prepare your own drugs, stay with the person who is preparing them and **make sure they wash their hands**



Stock up on supplies and medications

- Get enough harm reduction supplies to last you 2 to 4 weeks.
- Ask your medical provider about emergency plans for avoiding disruptions to your prescription medications (including **Suboxone** and **Methadone**)



Prepare for a drug shortage

- You may not be able to access your drug(s) of choice due to interruptions in the supply chain.
- Think about other medications that could help take the edge off
 - Seek medical help to get through withdrawal



Plan & prepare for overdose

COVID-19 can affect breathing, which can put you at greater risk of overdose. Remember to practice overdose prevention by not using alone, having lots of Naloxone on hand, starting with small amounts, and not mixing substances.



Minimize Contact

If you are having sex or doing sex work, COVID-19 can be transmitted by close contact like coughing, kissing, or direct contact with bodily fluids. Try to minimize close contact and use condoms.



For more information on tips for protecting yourself, visit Canada.ca/Opioids or for information on treatment resources or how to access services, call Connex Ontario at 1-866-531-2600

Adapted from: <https://www.gov.nl.ca/covid-19/files/COVID-19-Safer-Drug-Use-Harm-Reduction-Tips.pdf>



6 Tips for Safer Substance Use



Every 10 hours in Ontario, someone dies of an overdose.

Changes in the drug supply lately have caused an increase of extremely toxic drugs, leading to even more overdoses than before. Make sure you're keeping yourself and your friends safe by following the tips below.

<p>1 Never use alone</p>  <p>Never use alone or all at the same time. One person needs to be able to use Naloxone if needed and to call 911. Use a supervised site if one is available in your community.</p>	<p>2 Make sure you have Naloxone on hand</p>  <p>Regardless of what substance you're using, always make sure you have more than one dose of Naloxone on hand before you use. Make sure everyone knows where the kits are and how to use them.</p>	<p>3 Use where help is easily available</p>  <p>Make it easy for help/emergency teams to get to you if needed. Make a plan and know how to respond in case of an overdose. If you're helping someone who has overdosed, stay on the scene until help arrives.</p>
<p>4 Know the signs of an overdose</p>  <ul style="list-style-type: none">• Little to no breathing• Not moving or cannot be woken up• Cold or clammy skin• Choking or coughing, gurgling or snoring sounds• Bluish lips and nails• Dizziness and confusion• Pupils extremely small	<p>5 Start low, go slow</p>  <p>Because of increased toxic drug supply, start with a small amount to test your reaction. If you haven't used in awhile, your tolerance will be lower.</p>	<p>6 One substance at a time</p>  <p>Mixing substances, including alcohol, "downers" and "uppers", increases risk of overdose. Stick to one substance at a time.</p>

For more information on tips for protecting yourself, visit Canada.ca/Opioids or for information on treatment resources or how to access services, call Connex Ontario at 1-866-531-2600



NALOXONE SAVES LIVES.

Naloxone temporarily reverses the effects of an opioid overdose.

Get your free kit at your local pharmacy today.

Place local health unit information –

phsd.ca

  @PublicHealthSD



**Public Health
Santé publique
SUDBURY & DISTRICTS**



NALOXONE SAVES LIVES.

Naloxone temporarily reverses the effects of an opioid overdose.

**Get your free kit at your
local pharmacy today.**



Type of Service

Contact

Supervised Consumption Services, Harm Reduction Supplies, Addiction Medicine, Addiction Supportive Housing Programs

Harm Reduction

Insert local information

Supported Withdrawal Management, Connection & Referral to Treatment and Recovery Programs

Detox & Stabilization

Insert local information

Residential Treatment for Youth, Adults or Family, Sober Living Programs,

Residential Treatment & Recovery

Insert local information

Community-Based Addiction Counselling, Community-Based Addiction Treatment, Aftercare Counselling & Group Support

Outpatient, Counselling & Aftercare

Insert local information

Continuum of Addiction Services Provided by Indigenous Organizations or Specifically for Indigenous Individuals

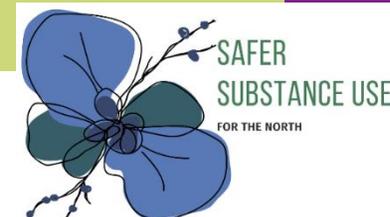
Indigenous Specific Services

Insert local information

Nishnawbi Aski Mental Health & Addictions Support Access Program 1-844-NAN-HOPE (1-844-626-4673)

ConnexOntario

1-866-531-2600



(Insert organization/affiliation name)

Addiction Services in (insert community name)

Opioid Overdose Response & COVID-19

COVID-19 is a virus that is spread mainly from person to person through close contact, for example, in a household, workplace, or health care centre.

The following precautions should be taken when responding to an opioid overdose in the community:

1. **Shout and Shake.** Try to wake the person.
2. **Call 9-1-1** if there is no response.
3. **Leave the room if not directly involved with the overdose response.**
4. **Use a take home naloxone kit:**
 - a. Put on gloves (provided in kit) and wear a mask or cover your face if possible.
 - b. Give naloxone. If using nasal spray, give as quickly as possible, turn your head away, and look in a different direction to avoid being face-to-face as much as possible.
 - c. Safely dispose of all used contents in the garbage.
5. **Perform chest compressions, if comfortable doing so.**
 - a. Wear a mask if you have one.
 - b. If you don't have a mask:
 - i. Cover their nose and mouth with a piece of cloth/clothing.
 - ii. Turn your head away. Do NOT face the person.
6. **Do NOT provide rescue breathing.**
7. **Take off the gloves:**
 - a. Grasp gloves at base of the palm and roll first glove off inside out. Slide ungloved hand inside wristband of remaining glove and slide down fingers to remove.
 - b. Discard both gloves immediately into the garbage.
8. **Wash your hands with soap and water** for 20 seconds or use an alcohol-based hand sanitizer as soon as possible.

Naloxone is available through (insert contact info) and at most pharmacies.

Naloxone kits are available through (insert local locations and hours)



Curated Resources

The resources on the following pages have been curated from several sources including government agencies and other mental health and addictions services.

STIGMA IS ONE OF THE BIGGEST BARRIERS TO TREATMENT AND RECOVERY FOR SUBSTANCE USE DISORDERS TODAY. OFTEN THE LANGUAGE WE USE CONTRIBUTES TO STIGMA.

THERE ARE A LOT OF STIGMATIZING WORDS THAT ARE COMMON IN OUR DAY-TO-DAY LANGUAGE.

WHAT YOU SAY

ABUSER
DRUG HABIT
ADDICT
DRUG USER

VS

WHAT PEOPLE HEAR

IT'S MY FAULT
IT'S MY CHOICE
THERE'S NO HOPE
I'M A CRIMINAL

BY CHOOSING ALTERNATE LANGUAGE, YOU CAN HELP BREAK DOWN THE NEGATIVE STEREOTYPE ASSOCIATED WITH SUBSTANCE USE DISORDER.

INSTEAD OF

ABUSER, ADDICT
DRUG HABIT
FORMER/REFORMED ADDICT

TRY

PERSON WITH A SUBSTANCE USE DISORDER
REGULAR SUBSTANCE USE, SUBSTANCE USE DISORDER
PERSON IN RECOVERY/LONG-TERM RECOVERY

THINK BEFORE YOU SPEAK. HELP REMOVE THE STIGMA.

JOIN THE **CONVERSATION**

#WORDSMATTER



Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.

© Canadian Centre on Substance Use and Addiction 2017

Curated 1- Language of Addiction Words Matter Fact Sheet - CCSA

<https://www.ccsa.ca/sites/default/files/2019-04/CCSA-Language-of-Addiction-Words-Matter-Fact-Sheet-2017-en.pdf>

Safer Drinking Tips (provided by EIDGE Vancouver)



1 Be prepared before you drink

- Take your medication, eat something (or drink a meal replacement) and have a big glass of water before or after your first drink of the day.
- Let your friends/family know where you'll be drinking if you are going on a bender.



2 Mixing and diluting your drinks

- Pre-mix your drinks with your preferred mix (orange juice, cola, etc.) to help dilute the overall alcohol percentage and make your drinks last longer.



3 Hydrate before & during any drinking session

- Keep a bottle or glass of water nearby and after each drink, have a drink of water.



4 Know your limits

- Count your cans and bottles and know when you started drinking so you have a better idea if you should slow down.
- Some alcohols affect people differently. Avoid the alcohols that aren't a good fit for you. A certain type of alcohol might cause you to black out or fall down more so try not to drink that.



Safer Drinking Tips During COVID-19



During the global Coronavirus (COVID-19) pandemic you may have difficulty accessing alcohol. Liquor stores may limit hours and/or numbers of people in the store, move to delivery only, and/or stop accepting cash.

Making a plan for safer drinking in case of reduced alcohol availability

Safer drinking during COVID-19 can include planning to:

- planning to drink your regular amount, but spreading it out over time to reduce bingeing and withdrawal
- slowly reduce the amount you drink each day,
- drinking lower alcohol content drinks such as beer instead of wine or wine instead of spirits, or
- taking a break from drinking after slowly reducing.

Before making a plan, know your risk of serious alcohol withdrawal

Everyone is different but for some people who drink very heavily, stopping all at once or cutting down too fast can be dangerous. To make a plan, ask yourself:

1. Do I drink more than one bottle of spirits per day, or equivalent? (about 3 bottles of wine or 15 bottles of beer?)
2. Have I ever had a seizure from alcohol withdrawal before?
3. Have I ever had hallucinations (seeing or hearing things that aren't real) from alcohol withdrawal before?
4. Do I usually shake, sweat, and feel nauseous or vomit as soon as I wake up in the morning?

If you said “yes” to any of these questions, you are considered to be at **high risk** of withdrawal seizures.

If so, do not stop drinking suddenly unless you have been prescribed medication to relieve withdrawal. Cut down = gradually by no more than one or two drinks per day.

For these guidelines, “a drink” means...

BEER/CIDER/COOLER 341mL (12oz) 5% alcohol content	WINE 142mL (5oz) glass 12% alcohol content	DISTILLED ALCOHOL (rum, vodka, gin, etc) 43mL (1.5oz) glass 40% alcohol content
--	---	---

Alcohol strengths may vary from product to product so check the % of alcohol by volume listed on the container.

Administering Naloxone during COVID-19



CALL 9-1-1*. **WEAR** disposable gloves. **ADMINISTER** naloxone. **TILT** the person's face to the side or cover their mouth with a mask in case they cough



Chest compressions and/or the recovery position are **RECOMMENDED**



Rescue breaths are **NOT RECOMMENDED** at this time



WASH your hands with soap and water when done assisting

*The Good Samaritan Drug Overdose Act provides some legal protection for people who experience or witness an overdose and call 911 or their local emergency number for help.

Curated 3 - Administering Naloxone during COVID-19

https://www.myhealthunit.ca/en/health-topics/resources/diseases/COVID-19/COVID-19_Administering-Naloxone-during-COVID-19_Version-1.pdf

Suspect an
OVERDOSE?
Stay and

CALL 911

or your local emergency number

The Good Samaritan law can
protect you from simple drug
possession charges.

Together we can **#StopOverdoses**

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

Learn more at **Canada.ca/Opioids**



Government
of Canada

Gouvernement
du Canada

Canada

Curated 4- SOS Good Samaritan Law - Health Canada

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/good-samaritan-drug-overdose-act-poster.html>

FENTANYL



THE SILENT KILLER

Fentanyl is a powerful prescription painkiller that is now being produced, imported and sold illegally with tragic consequences.



Mixed with drugs like heroin and cocaine



Used in fake prescription tablets



Odourless, tasteless, can't be detected



About 100 X more toxic than morphine



Exposure (touching or inhaling) can kill



2 mg (size of four grains of salt) can kill

Overdose signs may include:

- Shallow breathing
- Unresponsiveness
- Cold, clammy skin
- Blue lips and nails
- Gurgling or snoring
- Tiny pupils



If you suspect an overdose, call 911 immediately.

For more information visit the RCMP Centre for Youth Crime Prevention website



Royal Canadian Mounted Police
Gendarmerie royale du Canada

Canada

1

Harm Reduction enables risk-taking behaviors

- ♥ Harm Reduction acknowledges personal autonomy and empowers individuals to take ownership of their health.
- ♥ People who access Harm Reduction services are 30-35% more likely to access treatment services.
- ♥ Harm Reduction services are known to significantly decrease incidence of overdose, HIV/hepatitis C infection, sepsis, mental health crises, and sexually transmitted infections (STI).

2

Harm Reduction is costly to the public health system

- ♥ Harm Reduction is a cost-effective public health intervention.
- ♥ Harm Reduction initiatives like supervised consumption and take-home naloxone reduce EMS call-outs and emergency department visit rates.
- ♥ The estimated economic cost of HIV treatment over a lifetime in Canada is 1.3 million dollars/person. The cost of a sterile needle is less than 10 cents.



Myth Busters: Harm Reduction

3

Harm Reduction creates public disorder

- ♥ Research has shown Harm Reduction initiatives decrease public injection drug use and publicly discarded needles.
- ♥ Harm Reduction services are implemented to address existing issues in communities, not to create them.
- ♥ Studies from Insite show supervised consumption services do not create the 'Honey Pot' effect.

4

Harm Reduction is just needle exchange, condoms, and naloxone

- ♥ Harm Reduction is both a series of services and an underpinning philosophy that should be applied in all care settings.
- ♥ Harm Reduction is also seat-belt checks, lifejackets, carseat clinics, nicotine replacement, managed alcohol programs, and much more.
- ♥ Harm Reduction is a way of establishing relationships and rebuilding trust—it fosters connections to services like housing and primary care.

Curated 6- Harm Reduction Myth Busters

Sources: www.catie.ca | www.aawear.org | www.cdnaids.ca | <https://harmreduction.org/>

Nishnawbe Aski Mental Health and Addictions Pandemic Response Program



Sioux Lookout
First Nations
Health Authority



In response to this identified need, and in close collaboration and partnership with Regional Health Authorities, Tribal Councils, and community organizations across NAN territory, the “Mental Health and Addictions Pandemic Response Program “NAN HOPE” was designed to integrate with existing mental health supports in the region. NAN HOPE is now live and our team is available to support all NAN communities and Citizens.

Phone, Text, Chat



1-844-NAN-HOPE (626-4673)



www.nanhope.ca

NAN Hope is a Telephone and Virtual Rapid Access Centre that offers 3 services;



24/7 toll-free rapid access to confidential crisis services



Navigation: Our Navigators provide connection to ongoing mental health and addictions support services in home communities and existing regional supports



Rapid Access to clinical and mental health counselling

Curated 7- NAN HOPE

<https://nanhope.ca/>

Managing Withdrawal during COVID-19



Supporting our wellness during COVID-19

This fact sheet is part of Thunderbird Partnership Foundation's commitment to provide culturally-grounded and strength-based supports for First Nations people during COVID-19. These resources can provide guidance as our communities navigate the current global health crisis, while continuing to face existing health challenges, including substance use and mental health issues.

Colonization and residential schools have contributed to higher rates of mental health and substance use issues for First Nations compared to the general population in Canada.

Prolonged use of (opioid) drugs changes the way our brain functions. COVID-19 may affect drug access, which can cause extreme withdrawal symptoms, such as unbearable pain, nausea, and anxiety.

People become dependent on these drugs in order to avoid withdrawal symptoms and sometimes don't realize they've become dependent. They may mistake withdrawal for symptoms of the flu or another condition.

The symptoms will depend on the level of withdrawal. Multiple factors determine the extent of the symptoms and everyone experiences opioid withdrawal differently. However, there's typically a timeline for the progression of symptoms.

EARLY SYMPTOMS OF WITHDRAWAL

- muscle aches
- anxiety
- runny nose
- insomnia
- restlessness
- watery eyes
- excessive sweating
- yawning

Withdrawal symptoms can also intensify after day one. Some people can experience diarrhea, abdominal cramping, goose bumps, nausea and vomiting, dilated pupils and blurred vision, rapid heartbeat and high blood pressure.

HOW TO TREAT MILD WITHDRAWAL

- acetaminophen (Tylenol), or aspirin or other Non-steroidal Anti-Inflammatory Drugs, such as Ibuprofen
- drink plenty of fluids with electrolytes such as vitamin water, or sports drinks (Gatorade)
- treat diarrhea with over the counter medications such as loperamide (Imodium)
- consider a prescription for hydroxyzine (Vistaral or Atarax), cannabis or over-the-counter medications such as Benadryl or Pepto-Bismol to treat nausea
- more intense withdrawal symptoms may require a prescription for clonidine (non-addicting medication) to reduce intensity of symptoms

If you use opioids in a harmful way, COVID-19 may affect your normal supply lines: travel/border restrictions, community check points and curfews.

Be prepared for involuntary withdrawal and have a plan that reduces harm to you and others.

1. Find a safe alternative supply source to prevent withdrawal.
2. Get medical and, or treatment help (i.e. drug substitution programs).
3. Contact a First Nations treatment facility near you.
4. Have all necessary medications, food and drinks (especially protein-based and electrolyte boosting liquids).
5. Reach out to Knowledge Holders for cultural supports.
6. Wean off of opioids and other drugs; similar steps can be taken to manage withdrawal for other drugs.

REFERENCES

Yale Division on Addictions. (2020) Coronavirus (COVID-19) Guidance: Patients Engaged in Substance Use Treatment. Yale School of Medicine. medicine.yale.edu/intmed/genmed/addictionmedicine/Patients%20Yale%20ADAM%20COVID-19%20Guidance_032620_380628_5_v2.pdf

Thunderbird Partnership Foundation. (2011) Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada. Thunderbird Partnership Foundation. thunderbirdpf.org/hos-full

Thunderbird Partnership Foundation. (2017) Opioids 101: Information you can use. Thunderbird Partnership Foundation.

For more information, visit: thunderbirdpf.org/covid-19

Curated 8- Managing Withdrawal during COVID-19 - Thunderbird Partnership Foundation

<https://thunderbirdpf.org/managing-withdrawal-during-covid-19/>

Harm reduction during COVID-19



Supporting our wellness during COVID-19

This fact sheet is part of Thunderbird Partnership Foundation's commitment to provide culturally-grounded and strength-based supports for First Nations people during COVID-19. These resources can provide guidance as our communities navigate the current global health crisis, while continuing to face existing health challenges, including substance use and mental health issues.

Forces of colonization have displaced the First Nations' worldview and their ways of living and maintaining mental wellness.

As such, many First Nations Peoples face major challenges that continue to affect their health and wellness. In this context, mental health and substance use issues continue to be some of the more visible and dramatic symptoms of the underlying challenges. (Thunderbird, 2015)

SAFER DRUG USE TIPS

- ✗ **DO NOT** share supplies
 - cigarettes, joints, pipes, injecting equipment, containers for alcohol, utensils
- ✗ **AVOID** close contact and try to stay 2 metres, or 6 feet from your buddy to avoid passing the virus
 - using with a buddy is safer than using alone
- **DO** wash your hands or use wipes before preparing, handling or using your drugs
- **DO** prepare the drugs yourself
- **DO** cough or sneeze into your elbow or use tissue
 - throw away immediately and wash your hands
- **CLEAN** surfaces with soap and water, alcohol wipes, bleach or hydrogen peroxide before preparing drugs if possible
- **DO** check in on those who may need extra support
- **STOCK UP** on harm reduction supplies (new syringes and safe use supplies)
 - get enough gear for 2-4 weeks, to last thru self-isolation, program closures
- **STOCK UP** on meds
 - ask your doctor for a month's supply of medications if possible
 - ask the pharmacy about their plan for methadone, suboxone, kadian or safe supply
- **PREPARE** for a drug shortage, or loss of access during COVID-19
 - your dealer might get sick

How to Respond to an Overdose during Coronavirus

British Columbia Centre for Disease Control (2020) recommends the following to respond to an overdose during COVID-19:

1. Try to rouse the person during an overdose by encouraging them to take deep breaths.
2. Call 911.
3. Wear gloves.
4. Give rescue breaths using face shield in naloxone kits (the face shield has a one-way valve and large impermeable area that protects from respiratory secretions).

CALL 9-1-1 and continue to follow the **SAVE ME** steps: Stimulate, Airways, Ventilation, Evaluate, Medicine, Evaluate

Possible 911 delays

Emergency services might be slower during a coronavirus outbreak. Try to lower your OD risk. Start low and go slow, stock up on naloxone, and use the naloxone kit plastic face mask if you're giving mouth to mouth.

REFERENCES

- Thunderbird Partnership Foundation. (2015).** *First Nations Mental Wellness Continuum.* National Native Addictions Partnership Foundation. Retrieved from: <https://thunderbirdpf.org/fnmwc-full>
- Harm Reduction Coalition. (2020).** *COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs.* Retrieved from: <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>
- British Columbia Centre for Disease Control. (2020).** *BC Overdose Prevention Services Guide.* Retrieved from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

For more information visit: thunderbirdpf.org/covid-19

The law <u>does</u> provide protection against charges for	The law <u>does not</u> provide protection against charges for
Possessing drugs for your own use	Selling illegal drugs (trafficking): Police may suspect this if you have a large amount of drugs, cash or items like scales, baggies, and debt lists
	Offences other than drug possession
Violating conditions of your parole, bail, probation or conditional sentence for a simple drug possession charge	Any outstanding arrest warrants
	Violating conditions of your parole, bail, probation or conditional sentence for an offence that is not simple possession

Endorsed by the Ontario Association of Chiefs of Police.

Disclaimer: This is legal information — not legal advice.

If you need legal advice, please consult a lawyer about your situation.



See an overdose? Call 911 immediately.

Under Canada's *Good Samaritan Drug Overdose Act*, if you seek medical help for yourself or for someone else who has overdosed, neither of you will be charged for possessing or using drugs, nor will anyone else at the scene.

See the other side of this card to know exactly when the Good Samaritan law will and won't protect you against charges.

Police may not always know about the law's protections.

If you need legal help, call

1 (800) 668-8258 (toll-free) for Legal Aid Ontario or

1 (855) 947-5255 (toll-free) for Law Society Referral Service,

also online at <https://lsrs.lsuc.on.ca/lsrs>.

Témoin d'une surdose? Appelez le 911 immédiatement.

Grâce à la *Loi sur les bons samaritains secourant les victimes de surdose*, au Canada, si vous utilisez des secours médicaux pour vous ou une autre personne, en situation de surdose, ni vous ni l'autre personne ne serez accusé de possession ou de consommation de drogues, ni personne qui est sur les lieux.

Consultez le verso de cette carte pour savoir exactement dans quelles circonstances la loi sur les bons samaritains vous protège, ou pas, contre des accusations.

Il peut arriver que des policiers ne soient pas au courant des protections qu'offre cette loi.

Pour recevoir de l'assistance juridique :

1 (800) 668-8258 (sans frais d'interurbain) pour l'Aide juridique Ontario; ou

1 (855) 947-5255 (sans frais d'interurbain) pour le Service de référence du Barreau, qui est aussi en ligne à <https://lsrs.lsuc.on.ca/lsrs>

La loi <u>protège</u> contre des accusations de	La loi <u>ne protège pas</u> contre des accusations de
Possession de drogues pour votre consommation personnelle	Vente de drogues illégales (trafic) : La police peut soupçonner cette activité si vous possédez une grande quantité de drogues ou d'argent, ou des objets comme une balance, des sachets à fermer ou une liste de personnes qui vous doivent de l'argent
	Délits autres que la possession de drogues
Violation de conditions de votre libération conditionnelle, cautionnement, probation ou peine d'emprisonnement avec sursis relativement à une accusation de simple possession de drogues	Tout mandat d'arrestation en instance
	Violation de conditions de votre libération conditionnelle, cautionnement, probation ou peine d'emprisonnement avec sursis relativement à une infraction autre que la simple possession

Approuvé par l'Association des chefs de police de l'Ontario.

Déni de responsabilité : Ce document offre de l'information juridique — ce n'est pas un avis juridique.

Si vous avez besoin d'un avis juridique, veuillez consulter un-e avocat-e au sujet de votre situation.

Curated 9- Good Samaritan Wallet Card

<http://www.hivlegalnetwork.ca/site/see-an-overdose-call-911-immediately/?lang=en>

COVID-19 and Ceremonial / Spiritual Practices

Participating in ceremonies and spiritual practices can be an important part of First Nations individual, family, and community health. During this COVID-19 Pandemic, people might be wondering how to continue their ceremonial or spiritual practices in ways that also follow public health measures coming from Federal and Provincial public health offices.

These guidelines were developed through consultation with public health professionals, First Nations health professionals and Knowledge Keepers/ Traditional Healers.

Keep up and do more of ceremonial or spiritual practices that you can do on your own or in your home with your family.

This might include:

Smudging

Praying

Making tobacco ties

Offering tobacco

Harvesting and using medicines following protocols and the guidance of Medicine Teachers.

Drumming and/ or singing songs;
Using your rattles.

Telling or listening to stories and teachings;
Practicing the language.

Connecting with others for some of these activities virtually using social media like Facebook Live or other platforms like FaceTime or WhatsApp.

Being generous with love, kindness, material items, if you are able.

Be cautious with ceremonial or spiritual practices that involve gathering with other people. You might consider doing things with others while keeping in mind the need to keep gatherings to less than 10* people and maintain physical distance of at least 2 meters between people.

This might include:

Having a pipe ceremony with less than 10 people in an indoor or outdoor area where people can sit 2 meters apart.

Harvesting medicines outside with other people following protocols and teachings.

Going in a sweat lodge alone or with only a couple of family members/ close circle.

Delivering material items, foods or other help to elders if you are able. Make sure you wash your hands frequently if you are assisting elders.

*please note: this number reflects public health requirements and might change

Hold off on ceremonial or spiritual practices that include close contact while significant social and physical distancing recommendations are recommended.

This includes avoiding:

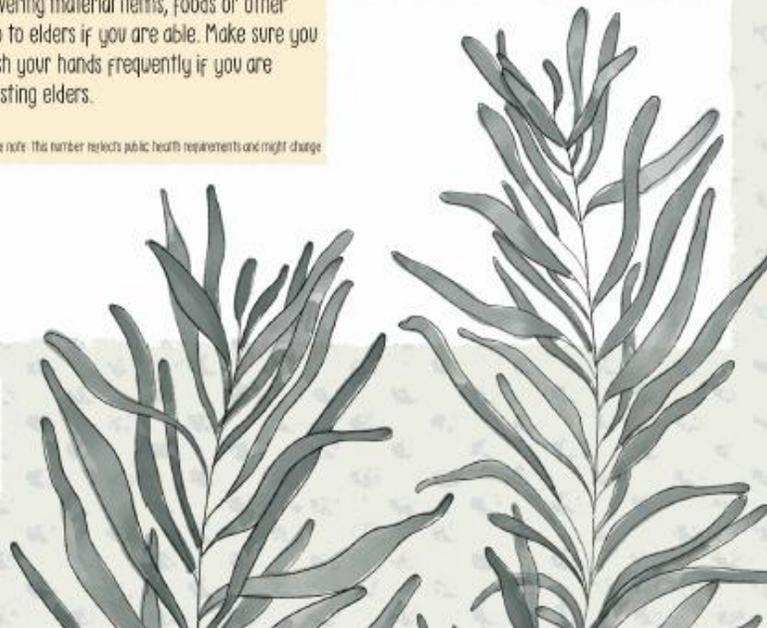
Sweat lodge ceremonies with more than just you or a couple of close family/ circle members.

Any ceremony that has more than 50 people.

Any ceremony where physical spacing of more than 2 meters can't be maintained.

Any ceremony where feasting involving shared dishes or utensils is occurring.

Thank you to David Blacksmith, Sheryl Blacksmith, Leslie Spillett, Margaret Lavallee, Sherry Copenace, and Mabel Horton for their guidance and teachings.



Curated 10- COVID-19 and Ceremonial/Spiritual Practices

<https://sharedhealthmb.ca/files/covid-19-ceremonial-and-spiritual-practices.pdf>

Nanaadawejgaazawak Wii-Mnomaadizwad

Mental Health is Health - they are being healed to live a good life, to think healthy, be physically well and have a good heart

GIIWEDINANG CEDAR, WHITE BEAR

You are spiritually protected in your homelands
Mnikwen Giizhikaandawaaboo
(drink cedar tea)
Aak'dewin Bimaadziwining (courage in life)
G'ziigbiig-ninjiin (wash your hands)
Eat traditional foods
Express yourself (dancing and drum)
Zoongide'ewin (courage)
Land-based learning (hunt, fish, trap)
Sleep well, good dreams

Physical

NINGAABIWNANG SAGE, THUNDER BEINGS & WHITE BUFFALO

Mkwendan, Gzhaadigen
(remember, stay at home)
Your ancestors love you
Be gentle to yourself and those around you
Tell people how much they mean to you
Spiritually cleanse your home
Hang medicines where you live
Walk the land and pick medicines
We are all in this together

Emotional

WAABANANG TOBACCO, EAGLE

Kasehstenhsera (Power of the Creator)
Nam'aadaa (let's pray)
Share stories, teachings and songs
Pray for self, others and the world
Semaa Ka-bgidnaa (put your tobacco down)
Connect with your dreams and visions
Use your spirit name to guide you
Zhaawendan Bimaadziwin
(love and respect life)

Spiritual

ZHAAWANANG SWEET GRASS, WOLF

Creator has infinite power, do not fear
You are loved and prayed for daily
Miigwech wendam (be thankful)
Kanaronkwa (I love you)
Pkwenezdaa (let's all smudge)
Skennen (peace)
Kanikonhri:yo (Good Mind)
Turn negative thoughts to positive
Learn your language

Mental

mental
health
is
health

camh | Shkaabe Makwa 

Mental Health Is Health

ᐃᓄᓱᓄᓐᓂᓐᓂᓐ ᐱᓐᓂᓐᓂᓐ

**Inuusiqattiarniq
pimmariuvuq**

"A good mind, healthy relationships, the person is valued by all the people and has a purpose in the community".

Inuktitut

**Nanaadaweيجاazawak
wii-mnomaadizwad**

"They are being healed to live a good life, to think healthy, be physically well, and have a good heart"

Ojibwe

ᐃᓄᓱᓄᓐᓂᓐ ᐃᓄᓱᓄᓐᓂᓐ ᐃᓄᓱᓄᓐᓂᓐ ᐃᓄᓱᓄᓐᓂᓐ

**Meh-tooh-nen-chi-gun-
mi-noh-pa-ni-win
minoh- aya-win- ani-mah**

"Health is being healed mentally, spiritually, emotionally and physically".

Cree

**Ata'karitahtshera'nen' ne:'e ne
Ka'nikonhri':io**

"Clear thinking, good decisions for self, family and community"

Mohawk

**La Saantii Kistikwaanihk
la Saanti**

"Mental Health Is Health"

Michif

mental
health
is
health

camh | Shkaabe Makwa



Resource Page

GENERAL

Ontario Poison Centre Opioid Myths and Facts: <http://www.ontariopoisoncentre.ca/health-care-professionals/Opioid-Management/opioid-management.aspx>

Canadian Centre on Substance Use and Addiction (CCSA) – resources for PWUD
www.ccsa.ca/audiences

Government of Ontario - “Find mental health and addiction services in your community”
www.ontario.ca/page/mental-health-services

Ontario HIV Treatment Network - Mental Health Resources & COVID-19:
www.ohtn.on.ca/wp-content/uploads/2020/04/Mental-Health-Resources-during-COVID-19.pdf

Government of Canada
www.canada.ca/opioids

ConnexOntario – free marketing resources
www.connexontario.ca
1-866-531-2600

CMHA Ontario’s toolkit
www.ontario.cmha.ca/wp-content/uploads/2017/11/CMHA-Ontario-Reducing-Harms-Nov-20-2017.pdf

Opioid Overdoses: What to do (Health Canada poster) <https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/opioid-overdoses-what-to-do.pdf>

The Good Samaritan Drug Overdose Act: (see Health Canada poster attached)

How to Administer Naloxone:

Do we want to use **CMHA Ontario’s toolkit** <https://ontario.cmha.ca/wp-content/uploads/2017/11/CMHA-Ontario-Reducing-Harms-Nov-20-2017.pdf>

(use the administering Naloxone steps and recovery posters in this toolkit? **(p. 12-16)**)

COVID-19 Safer Drug Use Harm Reduction Tips

Example for content: <https://www.gov.nl.ca/covid-19/files/COVID-19-Safer-Drug-Use-Harm-Reduction-Tips.pdf>

Reseau Access Network: www.reseauaccessnetwork.com

Drugpolicy.ca <https://www.drugpolicy.ca/covid-19-harm-reduction-resources/>

Harm Reduction Myths

Opioid Overdoses: What to do (Health Canada poster) <https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/opioid-overdoses-what-to-do.pdf>

NAN Hope: www.nanhope.ca. 1-844-NAN-HOPE (626-4673)

Increasing the distribution of naloxone in our community. Naloxone is available at various pharmacies and agencies in the Sudbury and Manitoulin districts. Find out where to get a naloxone kit at: <https://www.ontario.ca/page/get-naloxone-kits-free>

Educating and encouraging residents to safely dispose of used supplies by following the instructions in the Community Drug Strategy safe needle disposal video at www.phsd.ca/cds

Educating and raising awareness to all community members about the harms related to substance misuse. Learn more at www.phsd.ca/cds

Reducing stigma and developing empathy towards people who use drugs. A related video can be found at <https://www.youtube.com/watch?v=anVjeCL0vBo>

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/opioid-overdose-poster-for-communities.html>

<https://www.fentanyl-safety.com/wp-content/uploads/Opioids-Signs-Symptom.pdf>

<https://www.canada.ca/en/health-canada/services/video/stop-the-cycle-of-stigma.html>

<https://www.canada.ca/en/health-canada/services/video/end-stigma-campaign.html>

<https://www.canada.ca/en/services/health/campaigns/drug-prevention/problematic-drug-use-videos.html#s1>

World Health Organization <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>

The Centre for Addiction and Mental Health is pleased to launch the [Cannabis Knowledge Exchange Hub](#)