



First Nations Health Authority  
Health through wellness

# Harm Reduction & Take Home Naloxone in First Nations Communities

**Janine Stevenson, Cindy Preston, and Blake Stitilis**  
**First Nations Health Authority**



# Introductions

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Janine Stevenson, Nurse Specialist



Cindy Preston, Pharmacist



Blake Stitilis, Senior Policy Analyst







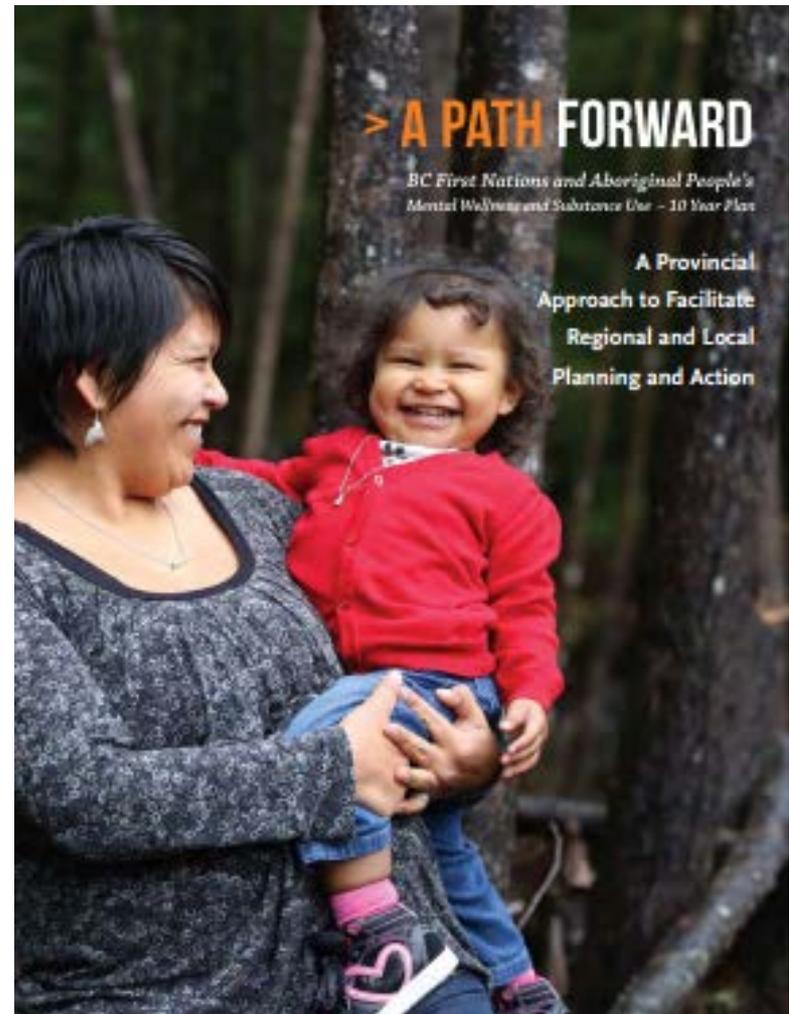
# Objectives

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- Share a common definition of harm reduction
- Talk about fentanyl
- Share information on the Take Home Naloxone program
- Respond to questions

# Harm Reduction

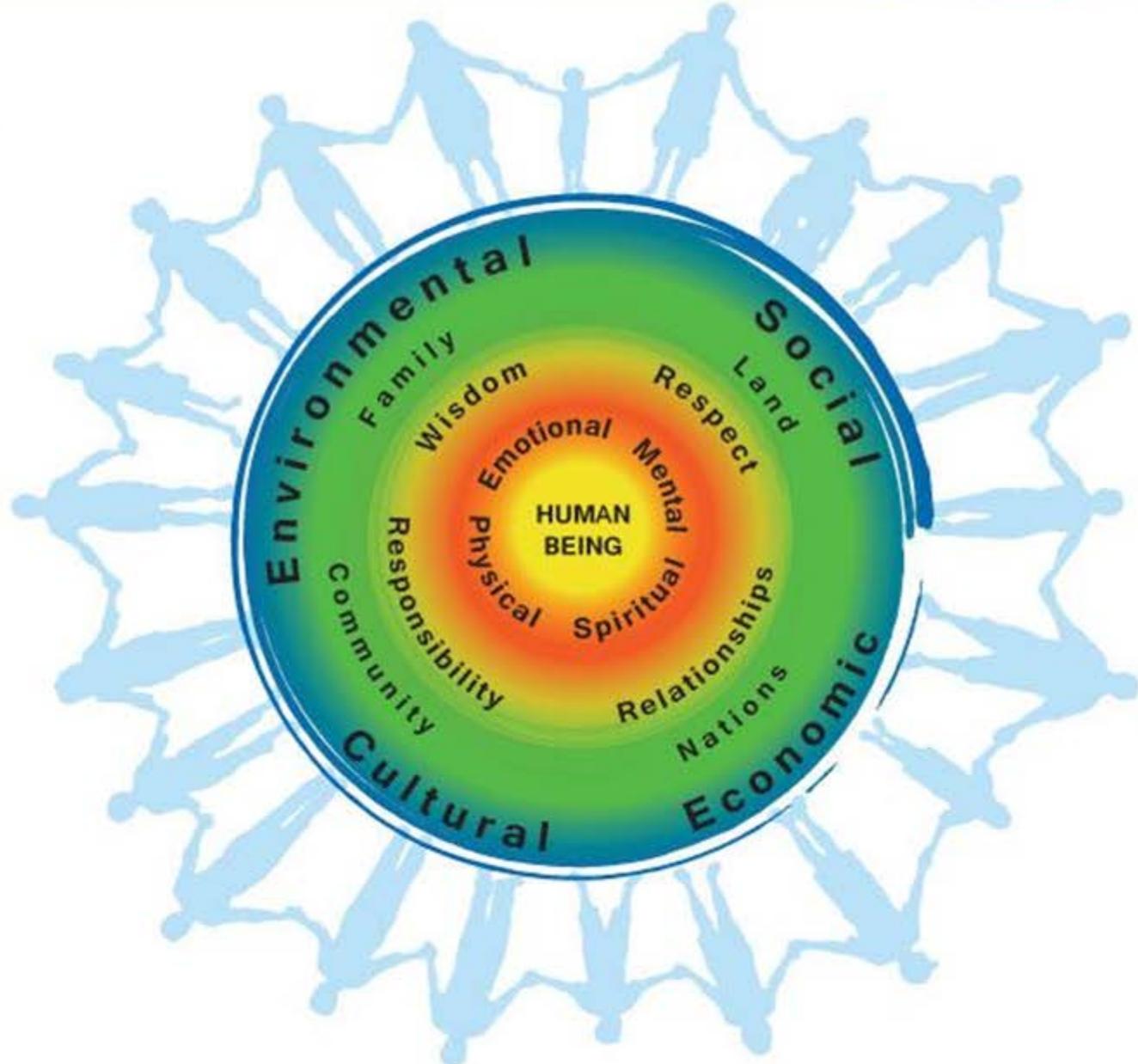
- “Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.”
  - Harm Reduction Coalition





## First Nations Perspective of Wellness

- A visual expression of the First Nations Perspective on Wellness – the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.



# Fentanyl

- Who has heard of fentanyl?
- What does it do?
- What are some of the messages you may have heard from your community about fentanyl?





# Opioid Overdose

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- What is an overdose?
- What does overdose look like?
- What increases the risk of an overdose?

# Overdose: Risks & Signs

## Know The Risks

<p>Mixing substances</p>  <p>... causes dangerous mixed effects</p>	<p>Recreational or one-time use</p>  <p>... illicit or unknown contents &amp; inexperience</p>	<p>Changes in prescription</p>  <p>... accidentally taking incorrect dose or mixing of effects</p>	<p>Using after period of reduced or no use</p>  <p>... changes in tolerance</p>
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## Know The Signs

Breathing	Consciousness	Physical
<p>Slow or no breaths</p> <p>Unusual snoring</p> <p>Gurgling sounds</p> <p>Choking</p> 	<p>Can't talk or walk</p> <p>Can't stay awake</p> <p>Won't wake up/ Unresponsive</p> <p>Body is limp</p> 	<p>clammy or cold skin</p> <p>blue lips or nails</p> <p>pinpoint pupils</p> 

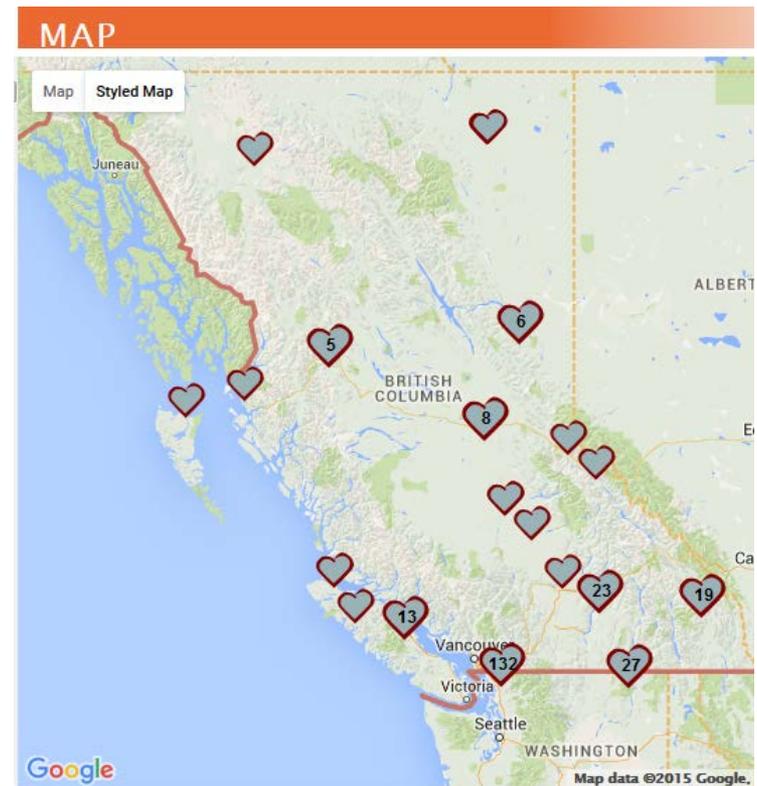


# Harm Reduction: Preventing Overdose

- Know your source
- Let someone safe know you are using. Try not to use alone.
- Start with a small amount
- Try not to mix substances. Mixing substances increases the risk of an overdose
- Make a plan and know how to respond in case of overdose
- Be aware of signs of overdose
- If you spot these signs, call 911 right away or send for help – it is a medical emergency.

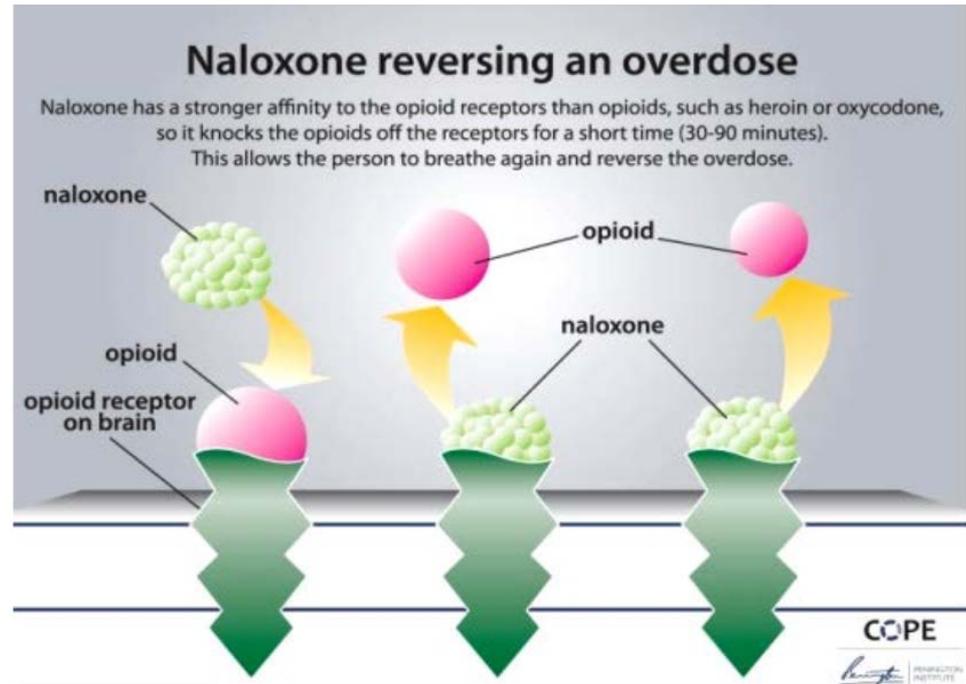
# Take Home Naloxone

- A provincial program
- Free and available to communities
- 300 overdose reversals since the program started in 2014



# What is Naloxone?

- Safe, effective, and saves lives
- Opioid blocker
- Reverses signs of overdose
- Restores breathing



# Take Home Naloxone: In Community

- Community Health Nurses can dispense naloxone
- 6 First Nations communities have brought Take Home Naloxone to their communities
- Nurses need to be engaged with people who are using drugs in order for Take Home Naloxone program to save lives



# Take Home Naloxone Kits

- If you are a person who regularly uses opioids (prescription or non-prescription painkillers, such as Oxycodone, and/or heroin), you may be eligible for a prescription Take Home Naloxone kit.
- Naloxone immediately reverses opioid overdose signs and symptoms and saves lives.
- Overdose response training and naloxone kits are available through the Toward the Heart website



# Staff Support

## Provincial

Janine Stevenson, Nurse Specialist (Harm Reduction)  
[Janine.Stevenson@fnha.ca](mailto:Janine.Stevenson@fnha.ca)

## Regional

### Fraser Health:

Erin Gibson, Harm Reduction Coordinator  
[Erin.Gibson@fraserhealth.ca](mailto:Erin.Gibson@fraserhealth.ca)  
Tel: 604-362-2811

### Interior Health:

Jeff Walsh, Harm Reduction Coordinator  
[Jeff.Walsh@interiorhealth.ca](mailto:Jeff.Walsh@interiorhealth.ca)  
Tel: 250-320-5710

### Northern Health:

Sharlene Lively & Linda Keefe, Harm Reduction Coordinator  
[Sharlene.Lively@northernhealth.ca](mailto:Sharlene.Lively@northernhealth.ca)  
[Linda.Keefe@northernhealth.ca](mailto:Linda.Keefe@northernhealth.ca) Tel: 250-565-2636

### Vancouver Coastal Health:

Sara Young, Harm Reduction Coordinator  
[Sara.Young@vch.ca](mailto:Sara.Young@vch.ca)  
Tel: 604-714-3771 ext: 2321

### Vancouver Island Health:

Griffin Russell, Harm Reduction Coordinator  
[Griffin.Russell@viha.ca](mailto:Griffin.Russell@viha.ca)  
Tel: 250-889-2251

Isa Wolf, FNHA Nurse Specialist (Public Health)  
[Denise.Wolf@fnha.ca](mailto:Denise.Wolf@fnha.ca)

FNHA Regional Mental Wellness Advisor, Fraser Salish  
Jodie Millward  
[Jodie.Millward@fnha.ca](mailto:Jodie.Millward@fnha.ca)

FNHA Regional Mental Wellness Advisor, Interior  
Shawna Nevdoff  
[shawna.nevdoff@fnha.ca](mailto:shawna.nevdoff@fnha.ca)

FNHA Regional Mental Wellness Advisor, North  
Karla Tait  
[Karla.Tait@fnha.ca](mailto:Karla.Tait@fnha.ca)

FNHA Regional Mental Wellness Advisor, Vancouver Coastal  
Cassandra Puckett  
[Cassandra.Puckett@fnha.ca](mailto:Cassandra.Puckett@fnha.ca)

FNHA Regional Mental Wellness Advisor, Vancouver Island  
Emmy Manson  
[Emmy.Manson@fnha.ca](mailto:Emmy.Manson@fnha.ca)



# Additional Resources

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## For More Information:

- <http://towardtheheart.com/fentanyl/>
- <http://towardtheheart.com/naloxone/>
- <http://towardtheheart.com/naloxone/siteresources/overdose-survival-guide>

## Anonymous Non-Emergency Assistance:

- BC Drug & Poison Info Centre: Dial 1-800-567-8911
- Healthlink BC: Dial 811

# Questions & Discussion

