

WHAT IS HARM REDUCTION?

- Accepts the reality that people will use illegal drugs and that some either can't or don't want to stop; rather than arrest them, we are better off to mitigate the damage resulting from this reality
- “allows us find ways to survive while taking into consideration the very real factors of our lives”
- “seeks to make decisions with the persons affected by the decisions instead of for the persons affected”



- Not about forcing others to change
- Not about judgment, stigma, or coercion



- About self-determination and bodily autonomy
- Widely applicable – not only applicable to substance use

Resources

- Indigenous Harm Reduction Team – ihrt.ca
- National Harm Reduction Coalition – harmreduction.org/resource-center
- Saving Our Own Lives: A Liberatory Practice of Harm Reduction by Shira Hassan

SIGNS OF AN OVERDOSE

SIGNS TO PRIORITIZE

- Slow or no breathing
 - “Slow” breathing means less than 12 breaths per minute
 - You can check by holding your finger under their nose
- Unresponsive to voice or pain
 - A common way to test response to pain is a sternum press
- Gurgling or snoring sounds
- Seizure like movements or rigid posture



ADDITIONAL SIGNS

- Pale face**
- Lips or nails appear blue **
- Choking or vomiting
- Cold or clammy skin
- Constricted or tiny pupils

When encountering someone with any of the above signs or symptoms, gather information about the person or event from any witnesses or bystanders if possible

**Blue lips/pale skin is a sign only applicable to white people. This is because of system racism in the medical field. Color changes to look for are different based on the person's skin tone.

ADMINISTERING NALOXONE

1

ACCESSING

1. Recognize the signs and symptoms of an opioid poisoning
2. Call for emergency medical assistance immediately
3. If the person's breathing stops, perform CPR if you are trained and it is safe for you to do so

2

ADMINISTRATION

1. Check for a medical alert tag to see if the person is known to be allergic to naloxone.
2. Give the person the naloxone (including when a potential allergy is unknown).
3. The drug may be available as an injection or as a nasal spray.
4. It may take about 1 to 5 minutes for breathing to return to normal.

3

POST-ADMINISTRATION

1. Monitor the person's condition while waiting for emergency assistance.
2. Naloxone lasts for about 20 to 90 minutes. Since opioids may remain in the person's system longer, symptoms may return.
3. A second dose may be required. 2 minutes is the standard wait time.
4. Be prepared that the person may become aggressive, or may vomit/ have diarrhea.

WHEN CALLING EMS

- If unconscious, unresponsive, not breathing – Do not hesitate to call 911!
- There is a risk of harm in involving EMS, but that harm will not be comparative to the short time it takes for death to occur
- Describe the symptoms – found unconscious vs experiencing overdose
- Respect autonomy: a person has the right to refuse help once they've regained consciousness



GOOD SAMARITAN DRUG OVERDOSE ACT

Legally protects anyone seeking emergency support during an overdose, including:

- the person experiencing an overdose
- the person who seeks help
- anybody else at the scene

Protects from:

- Charges for possession of a controlled substance (i.e. drugs)
- Breach of conditions regarding simple possession of controlled substances (i.e. drugs) in: pre-trial release, probation orders, conditional sentences, parole.

Does not protect against more serious offences, such as:

- Outstanding warrants
- Production and trafficking of controlled substances
- All other crimes not outlined within the Act



WHERE TO GET INVOLVED?

FEED THE PEOPLE

- Serves lunch at Belle Park every day from 12 - 2 PM
- Often acts as a third space where residents of Belle Park can connect with additional services
- Current Needs: Volunteers who can join as servers, cooks, and transportation
- Can be found through Feed the People Facebook group – contact Michelle Schwarz

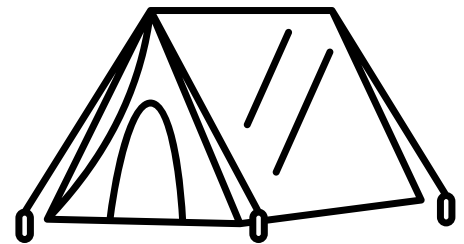


PEER OUTREACH EMPOWERMENT TEAM

- A peer to peer, boots-on-the-ground, outreach team
- Collective of both advocates and community members that centers lived experience and prioritizes dignity of people above all else
- Current Needs: Services/supports fluctuate based on community needs so volunteers need only have the desire to contribute and a role is developed based on their interests, skills, and current community needs
- Can be found on Facebook

WARMING TENT

- Entirely volunteer-run initiative that operates on cold winter nights
- Will need trustworthy people who can staff it overnight, support fundraising, and/or transport supplies and volunteers



KATAROKWI STREET MEDICS

- Community based group, with a focus on providing preventative care and emergency first aid that is decolonizing, anti-racist and anti-hierarchical
- Aims to provide medical/health support to those unable to access it through the institutional avenues without hardship, discrimination, or violence