

INFORMATION KIT FOR SCHOOLS AND PARENTS

STOP DRUG OVERDOSE

[FRASERHEALTH.CA/OVERDOSE](https://fraserhealth.ca/overdose)

QUESTIONS?

FEEDBACK@FRASERHEALTH.CA

INTRO

OVERDOSE CRISIS. Between January and July 2016, there have been 433 illicit drug overdose deaths in B.C., a nearly 75 per cent increase from 2015. Eleven of these deaths have been individuals aged 10-19. In April, Provincial Health Officer Dr. Perry Kendall declared a public health emergency.

DEADLY DRUGS. Overdoses are increasingly linked with fentanyl, a synthetic opioid 50 to 100 times more toxic than morphine. As little as a few grains worth is enough to cause overdose or death. All sectors of society have been affected: from people (including youth) who use daily to those casually experimenting.

TAKING ACTION. A 2013 BC Adolescent Health Survey of 30,000 youth found a correlation between a decrease in substance use among youth and the existence of supportive relationships with adults (e.g. teachers, family members and other professionals). Schools can and do contribute to essential protective factors for substance misuse that can lead to overdose events.

Fraser Health is implementing a comprehensive opioid overdose strategy to help keep our communities safe. As youth in our region head back to class, we want to ensure that school administrators and educators have the factual information they need to answer questions from youth about fentanyl and the opioid overdose crisis.

OVERDOSES DON'T DISCRIMINATE. With an issue this critical, it's important that youth not rely on inaccurate information they may hear in the media or by word-of-mouth. It is also crucial they understand that overdoses do not discriminate and that right now, with tainted drugs circulating, is not the time to experiment. Because whether

they are experimenting for the first time or regularly using illicit drugs, serious harm or death is a very real possibility every time.

More youth are coming into schools with their own personal experiences of using drugs and/or of parents, siblings and friends who have used or are using drugs. As this topic can be traumatizing for some, we hope this kit can help you engage with youth in an informed and sensitive way.

In this school information kit, you will find

- Facts on fentanyl, overdoses and naloxone
- How to talk to youth about drug use
- How to support students who may have experienced trauma as the result of exposure to overdoses, or who may be triggered by information concerning drug use or the overdose crisis
- Social media toolkit
- Posters, brochures and videos
- Online resources and supports

We encourage you to share these resources with school officials, administrators, teachers, youth, and in your social media and school communications.

Thank you for helping keep our youth and communities safe from overdoses.

FACTS

WHAT IS FENTANYL?

<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/overdose-prevention-and-response/overdose-crisis/overdose-crisis>

HOW DO I PREVENT AN OVERDOSE?

<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/overdose-prevention-and-response/tips-for-preventing-overdose/tips-for-preventing-an-overdose>

WHAT IS NALOXONE AND HOW CAN I ACCESS IT?

<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/overdose-prevention-and-response/where-can-you-get-naloxone/where-can-you-get-naloxone>

HOW DO I GET TRAINING TO ADMINISTER NALOXONE?

http://www.fraserhealth.ca/media/20160725_Take_Home_Naloxone_Fraser_Health_Sites.pdf

HOW DO I RECOGNIZE AN OVERDOSE?

<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/overdose-prevention-and-response/recognizing-an-overdose/recognizing-an-overdose>

HOW DO I RESPOND TO AN OVERDOSE?

<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/overdose-prevention-and-response/responding-to-overdose/responding-to-an-overdose>

WHAT IS HARM REDUCTION & HOW CAN IT HELP?

<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/harm-reduction/what-is-harm-reduction->

WHAT DO I DO IF I FIND A NEEDLE ON SCHOOL PROPERTY?

<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/disposing-of-needles-safely/disposing-of-needles-safely>

WHERE CAN I GET COUNSELLING SUPPORT IN MY COMMUNITY?

http://www.fraserhealth.ca/find-us/services/our-services?program_id=9188

GET THE FACTS ON OPIOID OVERDOSES

FRASERHEALTH.CA/OVERDOSE

Our official hub for opioid overdose information. Here you will find up-to-date, verified information about the following topics:



TIPS FOR TALKING TO YOUTH

Fraser Health Mental Health and Substance Use Specialist offers tips on recognizing if a youth is using drugs and discussing substance use in the article, "[How to talk to your child about drug use](#)¹."

Some tips on how to start the conversation:

- **Be open, supportive and involved.** Respect that youth are experts in their own culture, so invite them to teach you about their world. Praise positive behaviour, show respect and demonstrate genuine interest in your youths' lives on an ongoing basis will help make you more approachable to them when they are running into difficulties and need someone to talk to.
- **Use the news.** You can use an external reference like social media, a newspaper article or TV show about drugs to start a conversation with youth. Ask about what concerns, worries or questions that they have about 'what is happening'.
- **Ask questions, then listen.** The best way to talk to youth about drug use is to listen to them. Ask them to teach you more about fentanyl and other drugs by inviting them to tell you what they're hearing, seeing or have learned. Ask youth about the kinds of concerns and cautions youth are sharing with other youth about drugs and safety; about what steps have youth been taking to keep each other safe. Ask them what it is like to be talking to you about this.
- **Speak from your heart.** Focus on your heartfelt concerns for their safety and a deep regard for their wellness (in contrast to right/wrong, good/bad, obey/punish). Emphasize your deep caring, commitment to understand in contrast to 'setting them straight.'

MORE TALKING TIPS

Surrey RCMP & Surrey School District: [Letter to Parents](#)².

Abbotsford Police Department: [tips on talking to youth about drugs](#)³.

1. <http://news.fraserhealth.ca/News/July-2016/How-to-talk-to-your-child-about-drug-use.aspx>

2. <http://bc.rcmp-grc.gc.ca/ViewPage.action?siteNodeId=2126&languageId=1&contentId=47082>

3. <http://www.abbypd.ca/files/File/CrimePrevention/ForCommunities/DrugPrevention/201605%20Parents%20letter%20re%20Fentanyl.pdf>



PROVIDE A TRAUMA-INFORMED APPROACH

Fraser Health encourages school staff to use a trauma-informed approach to discussing drug use and overdoses. This means recognizing and acknowledging trauma, and being aware and sensitive to its dynamics. Some youth may be more affected by these materials than others.

Youth may have witnessed family members, friends, or significant others using substances, or may have used themselves. Youth who have suffered recent losses or who are coping with grief or toxic stress may also be triggered by overdose materials and education.

We recognize you are experts in what is developmentally appropriate in educational settings. Here are some resources for schools to educate youth on sensitive issues in a trauma informed way that supports their mental health:

Alberta Education, the province's education ministry, has a video on **trauma in youth and how to provide trauma-informed education in schools**⁴.

The BC Provincial Mental Health and Substance Use Planning Council has developed a **Trauma-Informed Practice Guide**⁵.

4. <https://education.alberta.ca/trauma-informed-practice/what-is-trauma-informed-practice/everyone/trauma-informed-practice-video/>

5. http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf

RESOURCES

SOCIAL MEDIA POSTS TO CIRCULATE

Our **social media kit**⁶ is free to download in a zip file. It includes tweets, Facebook posts and images to share on school district social media channels using the hashtags #stopoverdose and #BC wherever possible. Here is a small sample of the posts you can find in the kit:

- Don't let this party be your last. Drugs don't discriminate. Prevent ODs fraserhealth.ca/overdose #stopoverdose #BC
- Drug overdoses are on the rise. How to start the conversation w/ your teen fraserhealth.ca/overdose #stopoverdose #BC
- No teen is immune from the pressure of fitting in. How to start the convo about drugs fraserhealth.ca/overdose #stopoverdose #BC

POSTERS AND BROCHURES TO PRINT

Toward the Heart, a project of the Provincial Harm Reduction Program, also offers an **Overdose Survival Guide**⁷, available for download in several languages.

Know Your Source, a Canadian overdose resource created in partnership with police and health authorities, has **overdose prevention posters**⁸ available to download.

Toward the Heart has an **art booklet**⁹ illustrating perspectives of street-involved youth who were asked about their experience with the Take Home Naloxone program.

6. http://www.fraserhealth.ca/media/StopOverdose_SocialMediaToolkit.zip
7. <https://towardtheheart.com/naloxone/siteresources/overdose-survival-guide>
8. <https://knowyoursource.ca/posters>
9. http://towardtheheart.com/assets/naloxone/wakes-you-up_200.pdf

EDUCATIONAL VIDEOS TO SHARE

Toward the Heart has a 12 minute educational video outlining the crisis and steps to take to prevent overdoses called "**Naloxone Saves Lives**".¹⁰

Fraser Health's Chief Medical Officer Dr. Victoria Lee shares **tips on how to avoid overdosing**¹¹ and **a story on the importance of compassion towards people who use drugs**¹².

OTHER RELIABLE RESOURCES AND SUPPORTS

Fraser Health works with **local agencies to provide youth substance use and outreach services**¹³. Trained professionals offer free, confidential information, assessment, counselling and referral.

The Ministry of Health has a **content hub on the overdose emergency and naloxone**¹⁴.

Toward the Heart¹⁵ offers information on **fantanyl**¹⁶ and **naloxone**¹⁷.

Know Your Source¹⁸ offers **information on fantanyl in this FAQ**¹⁹.

The **BC Drug and Poison Information Centre**²⁰ hotline is 1-800-567-8911.

HealthLink BC²¹ has overdose information and nurses available by calling 811.

Mindcheck²² is an online resource for youth and their friends and families to connect to mental health resources and support. **Speak Up**²³ has resources for youth and schools to join the conversation about mental health.

10. <https://player.vimeo.com/video/164669763>

11. <https://youtu.be/bTjT8PZIDps>

12. <https://youtu.be/jbEMiw7xWcg>

13. http://www.fraserhealth.ca/find-us/services/our-services?program_id=9188

14. <http://gov.bc.ca/overdose>

15. <http://towardtheheart.com>

16. <http://towardtheheart.com/fantanyl/>

17. <http://towardtheheart.com/naloxone/>

18. <https://knowyoursource.ca>

19. <https://knowyoursource.ca/questions-about-fantanyl/bc-faq/>

20. <http://dpic.org>

21. <http://www.healthlinkbc.ca/healthfeatures/be-drug-smart.html>

22. <http://mindcheck.ca>

23. <http://mindcheck.ca/speakup/>