Before we start…

Let's cover some ground rules!

*Reminder that support is always available at school. Other community resources will also be shared at the end of the module.
What is an opioid?
True or false:
It is illegal to have OPIOID medication unless you have a prescription from a health care professional.

A. True
B. False
True or false:
It is illegal to have OPIOID medication unless you have a prescription from a health care professional.

A. True
B. False
What is Fentanyl?
Anything can be cut with Fentanyl or Carfentanil.

Even the smallest amount can cause an OVERDOSE.

DON’T USE ALONE.
CARRY NALOXONE.

Illegal drugs have been involved in recent deaths and life-threatening overdoses in Ottawa

An overdose is a medical emergency.
Don’t be afraid to call 9-1-1

For more information about signs and symptoms of an overdose, and where to access Naloxone, visit:

www.StopOverdoseOttawa.ca

Scan and go
Can you tell the difference?

Source: Ottawa Police

www.stopoverdoseottawa.ca

Ottawa Public Health
Santé publique

OttawaPublicHealth.ca/SchoolHealthOnline
What are possible long-term effects of taking opioids?

A. Constipation
B. Decreased interest in sex
C. Liver damage
D. Substance use disorder or dependence
E. Mood swings
F. All of the above
What are possible long-term effects of taking opioids?

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F. All of the above
Lean

- Made with codeine cough syrup, soda, and hard candy.
- Perceived as safe, because people don’t realize it is an opioid.
- More dangerous when combined with alcohol, and other depressants.
Benzodiazepines (Benzos)
What are possible signs of benzodiazepine toxicity/overdose?

A. Extreme sleepiness, passing out, or loss of consciousness
B. Dizziness, poor balance and movement control
C. Slurred speech
D. Memory loss of “blackouts”
E. All of the above
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BENZODIAZEPINES (Benzos)

- "Benzos" have been found in Ottawa's unregulated drug supply.
- They can be cut (mixed) into opioids and other drugs.
- Naloxone does not work on benzos.
- Benzo-related overdoses can last for hours.

Signs of Benzo Intoxication

- Extreme sleepiness or passing out
- Dizziness, poor balance, and poor movement control
- Slurred speech
- Memory loss or "blackouts"
- Loss of consciousness
Physical dependence

- The body gets used to regular amounts of opioids.
- Withdrawal symptoms will be experienced when the body detects an absence or decrease of the substance.
- A person who regularly uses opioids may feel like they can’t function without it and get anxious.

Youth can be even more heavily impacted!
Addiction

- Medical condition
- Anyone can develop an addiction
- Changes how the brain works
- Behaviors (i.e. gambling, gaming)
- The 4 C’s:
  - use becomes Compulsive (uncontrollable urge)
  - continues even with harmful Consequences
  - have Cravings (strong need for substance)
  - Feeling a loss of Control

Addictions are not a choice and does not mean someone is bad or weak.
Behaviours

Addictions can develop to behaviors and processes:

- Substance Use
- Gambling
- Gaming
- Technology
- Exercise
- Sexual activity
- Excessive working
What is a risk of taking an opioid that increases even more when taken with other depressants like alcohol?

A. Heart attack
B. Breathing can stop
C. Seizure
D. Stroke
E. Muscle spasms
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Opioid Overdose Signs and Symptoms

Breathing will be slow or gone

Lips and nails are blue

Person is not moving

Person may be choking

You can hear gurgling sounds or snoring

Can't be woken up

Skin feels cold and clammy

Pupils are tiny

Adapted with permission from the Ontario Harm Reduction Distribution Program
Overdose

- An overdose is a medical emergency
- The Good Samaritan Drug Overdose Act protects you

Call 9-1-1!
Naloxone

- Recognizing the signs of an overdose, calling 9-1-1 and having a naloxone kit can save a life.
- Naloxone kits are **free** and training on how to use the kit are available at most pharmacies.
  - Virtual training and kit available from: naloxonecare.com
Recovery position

If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.

- Head should be tilted back slightly to open airway
- Hand supports head
- Knee stops body from rolling onto stomach
## Overdose response MYTHS

<table>
<thead>
<tr>
<th><strong>DO NOT</strong></th>
<th><strong>WHY NOT?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Put the person in a bath or cold water</td>
<td>Could drown or put person in shock</td>
</tr>
<tr>
<td>Make the person vomit</td>
<td>Could choke</td>
</tr>
<tr>
<td>Inject them with anything (i.e., salt water, other drugs, milk, etc.) other than naloxone</td>
<td>Will not help and could cause serious harm</td>
</tr>
<tr>
<td>Slap or shake the person too hard. Or attempt to wake someone by kicking, burning, or any other way that could cause harm</td>
<td>Could cause injury</td>
</tr>
<tr>
<td>Let them sleep it off</td>
<td>Could stop breathing and die</td>
</tr>
</tbody>
</table>
Reducing harm
Stigma

- Stigma can make people living with an addiction hide their symptoms and stop them from getting help, which can lead to poorer health.
Addiction is a medical condition and like other medical conditions a person may need help with their recovery.

Treatment does work and recovery is possible.
What causes emotional pain?
# Coping with stress and emotional pain

<table>
<thead>
<tr>
<th>Positive</th>
<th>Neutral</th>
<th>Negative</th>
</tr>
</thead>
</table>
| • Talk to a friend or a parent  
• Exercise/Sports  
• Keep a journal  
• Meditate | • Walk away from the situation  
• Watch TV  
• Use humour | • Break something  
• Yell at someone  
• Use alcohol or drugs |
Talk to someone you trust
Community resources: substance use health

- Your school’s addiction/guidance counsellor, family doctor or Nurse Practitioner (NP)

- Access.MHA.ca
  An easier way to reach services in eastern Ontario’s system of care for mental health and addictions (16+) years

- BreakingFreeOntario.ca
  A free virtual tool for those experiencing substance use disorder available free for all Ontarians

- Rideauwood Addiction and Family Services
  Rideawood.org 613-724-4881

- 1call1click.ca
  For ages up to 21 years and their family

- National Overdose Prevention Line at 1-888-688-NORS (6677)

- Free Brave app for anonymous support (works with IOS and android phones)
Community resources: mental health

24/7 Crisis Support
- Mental Health Crisis Line at 613-722-6914 (for people 16+ years old)
- Youth Services Bureau at 613-260-2360 or Crisis Chat: www.ysb.ca
- Kids Help Phone at 1-800-668-6868, text CONNECT to 686868
  - Live Chat (open 7 pm – midnight ET); https://kidshelpphone.ca/live-chat/

Counselling Services
- Walk in Counseling Clinics at walkincounselling.com or 613-755-2277
  - Services in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin at a variety of different locations.

Counselling Connect at counsellingconnect.org
- Provides free quick way to get phone or video counselling.
Want to learn more?

- Ottawa Public Health
- The LINK Ottawa
- Community Addictions Peer Support Association (CAPSA)
- Health Canada
- Canadian Centre on Substance Use and Addiction (CCSA)
- Centre for Addiction and Mental Health (CAMH)
- Centers for Disease Control (CDC)
Located in a rural area? Here’s where to find help:

www.ruralottawayouth.ca

Mental Health Support for rural Ottawa youth

@RuralOttawaYouth