



# Ottawa's Overdose Response Strategy – Prevention Across the Lifespan

Depending on where people are on the spectrum of substance use health these preventative interventions range from promoting and protecting wellness to early intervention to preventing and mitigating harms. Through our partners we are targeting specific populations that are at the greatest risk of overdose harms and deaths.

\*These are examples of key activities

## Pre and Post Natal

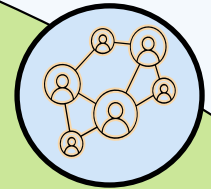
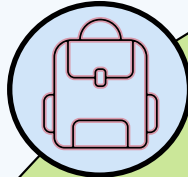
- Parenting in Ottawa online education – Ottawa Public Health (OPH)
- Ask Masi – screening for perinatal mental health concerns – The Ottawa Hospital, Ottawa Birth and Wellness Centre, Champlain Maternal Newborn Regional Program
- Screening, counselling, referral and early intervention of Perinatal Mood Disorders - OPH

## School Age

- Mental health and wellbeing online modules and education series such as Mind Master's and Healthy Transitions programs for schools and educators. – OPH
- Parenting in Ottawa online education - OPH

## Post Secondary and Young Adult

- Party Safer, Overdose Prevention and Naloxone training– OPH and Pharmacy partners
- Mental health and substance use health focused training and supports to Post-Secondary Institutions - OPH



## Youth

## Infant and Early Childhood

- Parenting in Ottawa online education – OPH
- Advance and promote infant and early childhood mental health (IECMH) development. - Ottawa Child and Youth Initiative

- Parenting in Ottawa online Education – OPH
- Party Safer, Overdose Prevention and Naloxone training– OPH and Pharmacy partners
- Mental health focused youth group presentations– YouthNet
- Mental health, behavioural addictions, and substance use health presentations in Ottawa schools with youth. – Rideauwood (EN), Le Cap (FR)
- Support **Project STEP** to address substance use health and technology use in Ottawa schools. - Ottawa Network for Education, OPH
- Youth Connections Ottawa peer to peer program - OPH

## Adult and Community

- *have THAT talk* video series and guides. – OPH
- Overdose Prevention and Response Task Force – OPH, over 40 community partners
- “Our Community, Our House, Working Together on Wellness” community mobilization project – OPH
- Influence healthy public policy - OPH



Prevention begins with addressing the root causes of poor health including poverty, racism, colonialism, housing access and much more.