



SUBSTANCES AND HOW TO HELP

AYSCB CONFERENCE PRESENTATION

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CMOH Yukon

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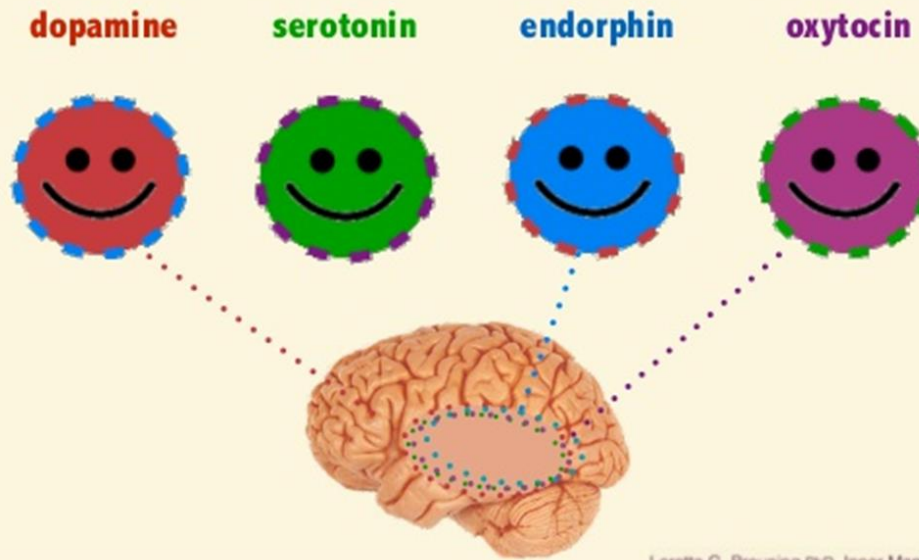


WHAT YOU NEED TO KNOW ABOUT FENTANYL

- PROFILE OF FATAL OPIOID CASES
- KEY MESSAGES FOR YOUTH: 3 TIERS OF SUPPORT
- HOW YOU CAN HELP WITH ADDICTIONS MANAGEMENT

WHAT ARE OPIOIDS ?

Good feelings come from
4 special brain chemicals



Loretta G. Breuning PhD, Inner Mammal Institute ©2016

Opioids

EXAMPLES OF OPIATES/OPIOIDS



OPIUM



HEROIN



MORPHINE



OXYCODONE



METHADONE



HYDROCODONE



CODEINE

Fentanyl





WHO IS DYING (in Yukon) FROM FENTANYL OD?

- Mostly male
- Mostly 20's and 30's
- All have a history of prior drug use; cocaine, heroin, other
- Almost all died alone
- Accidental or unintentional but may have been seeking fentanyl



HOW CAN I USE DRUGS SAFELY?

- THERE IS NO SAFE WAY TO USE FENTANYL
- Never use drugs alone: always have a sober friend
- Always use in a safe place
- Use only what you know to be safe...start small, and then be prepared
- Know how to recognize an overdose
- Have a Naloxone kit and know what it is for
- When in trouble call 911

CAN CANNABIS BE LACED WITH FENTANYL?

NOT SO FAR....
LEGALLY SOURCED
CANNABIS IS BETTER...





PROTECTING CHILDREN AND YOUTH

- IMMEDIATE: SAFE PARTYING, AWARENESS, NALOXONE
- INTERMEDIATE: MENTAL HEALTH AND ADDICTIONS SUPPORT
- SCHOOL POLICIES AND BOUNDARIES, SUPPORT
- LONG TERM: CURRICULUM, YOUTH ASSET DEVELOPMENT



WHAT WILL PROTECT ME TONIGHT?

- Safe Party Kit: what's that?
- Money, phone, a parental free ride home
- Understanding consent: for sex, for drugs, or a ride home
- Condoms, Take Home Naloxone and training
- First Aid?



HOW CAN I HELP MY FRIEND?

- **First, be just be a friend: someone who listens, cares and supports.**
- Learn about addictions, drugs, and alcohol. Read, ask questions.
- Encourage your friend to get help. Or talk to your school counsellor or MWSU to get further advice on how to help.



WHERE DO I GO FOR HELP?

- School supports
- Text 68-68-68 to reach a Kids help phone support: 456-3838 or 1-866-456-3838.
- After hours support from Withdrawal Management 867-667-8473
- The Yukon Distress Line (run by Many Rivers) is also available 7pm-12pm daily at 1-844-533-3030



WHAT WILL PROTECT ME NEXT WEEK, NEXT YEAR

- If you are going to use: stay as safe as possible tonight
- Talk to your PARENTS about using and about help
- Get help yourself from resources out there.
- <https://www.drugfreekidscanada.org/>

ENCOURAGING LEADERS AND PARENTS” The Power of Conversation

- **Listen to them in a meaningful way**
 - Don't talk down to them “Don't you realize drugs are bad?”
 - Make sure they know they are being heard
- **Build on self-confidence**
 - Have them think about how to achieve their future goals, how substance use may affect their goals
- **Keep your relationship strong**
 - Let them know the decision is in their hands
 - You are on their side
- **Your influence matters**
 - Youth listen and watch; be a good example
- **Be comfortable with silences**
 - You are building trust with youth



What Iceland did:

In 1998:

- 42% of 15-16 year olds were getting drunk
- 17% use cannabis
- 23% smoked cigarette

In 2016:

- 5% were getting drunk
 - 7% use cannabis
 - 3% smoke cigarettes
-
- What changed? Iceland introduced a social movement around “natural highs” – teaching youth music, dance, art etc, altering their brain chemistry, improving their thoughts about themselves and their lives.
-
- Main principle – drug education alone doesn't work as people don't listen to it.



What Iceland did:

Changed laws:

- Illegal to buy tobacco under 18
- Illegal to buy alcohol under 20
- Tobacco and alcohol advertising banned
- Establishment of parental organizations in school
- Children between 13-16 had to be home before 10pm in winter and midnight in summer.

Parental Monitoring:

Parents encouraged to spend more time with children and actively communicate with them.

Reduced risk of cannabis use by 39%.

State funding increased for organized sport, music, art, dance and other clubs.





Developmental Assets

Developmental Assets are the basic building blocks of healthy development that all kids need to grow up healthy, competent and caring.



The 8 Asset Categories

EXTERNAL ASSET CATEGORIES

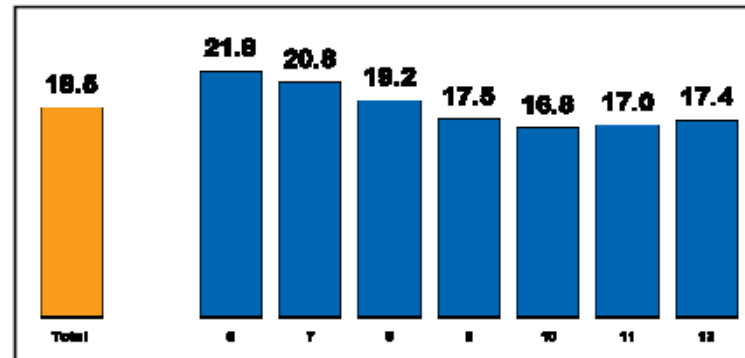
- Support: surrounded by people who love, care, appreciate, accept
- Empowerment: valued and valuable
- Boundaries and Expectations: clear rules and consequences
- Constructive Use of Time: Opportunities to develop new skills and interests

INTERNAL ASSET CATEGORIES

- Commitment to Learning
- Positive Values
- Social Competencies
- Positive identity

Asset Level by Grade (SK) (out of 40)

Average number of assets overall, and
asset levels reported by grade



Average asset levels:

Girls - 20

Boys - 17.1

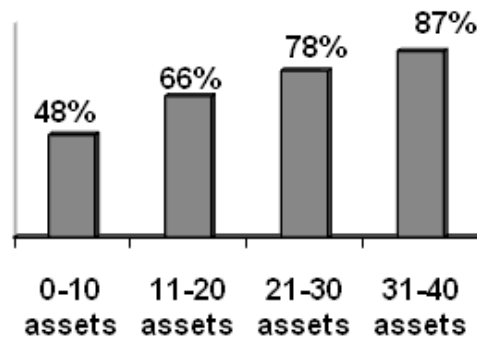
Comparing youth with 31 or more assets to those with 10 or fewer assets.

Asset-rich youth are:

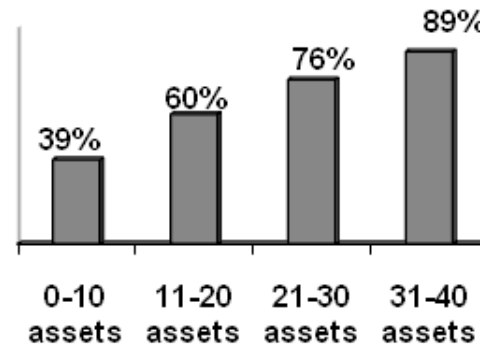
- 4 times more likely to resist danger and 7 times more likely to get mostly A's in school
- 37 times less likely to have used illicit drugs and 48 times less likely to exhibit anti-social behaviour patterns such as shoplifting or vandalism.

The Power of Asset Development

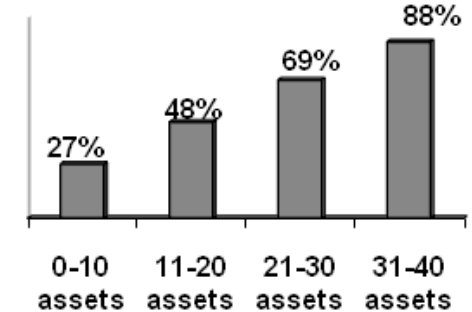
Exhibits Leadership



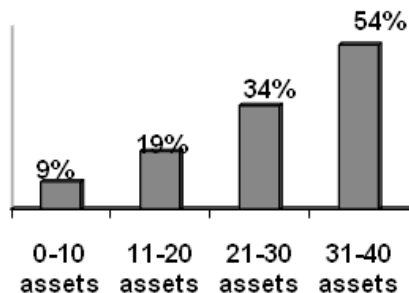
Values Diversity



Maintains Good Health



Succeeds in School

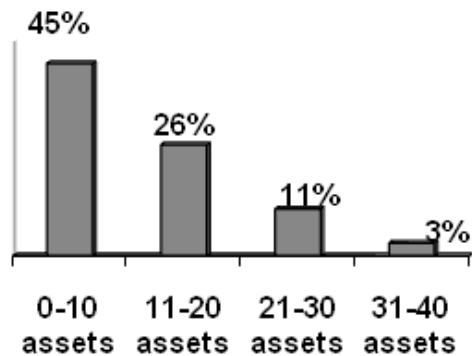


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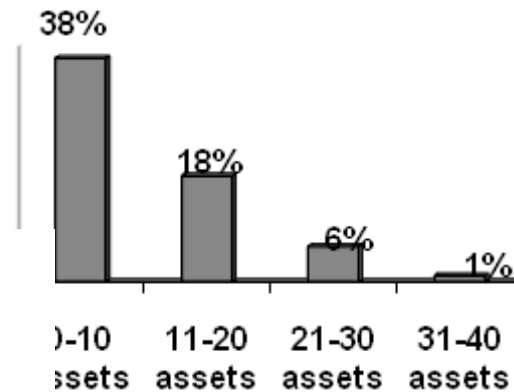
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Assets to Protect from High-Risk Behaviours

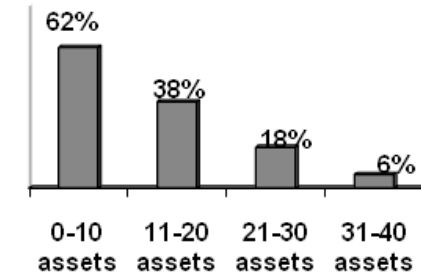
Problem Alcohol Use



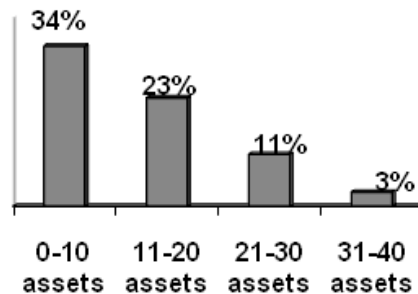
Illicit Drug Use



Violence



Sexual Activity



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IS VAPING BAD FOR YOU?

- Better than cigarettes? BUT WORSE THAN NOT SMOKING AT ALL
- Nicotine
- Cannabis
- We don't know enough yet...

<https://ersonu.com/is-vaping-bad-for-you/>





What to do about Vaping?

- Increasing usage is a national/international problem
- Indications this could lead to increased tobacco use and addiction
- Federal legislation should be complemented by local legislation
 - Impose boundaries
 - Restrict sales
 - Restrict content
- Vaping as harm reduction content
 - Vaping Cannabis? Vaping tobacco
- Another reason to address common risk factors

Resources for Help with Drugs

<https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>

<https://knowyoursource.ca/get-addiction-help/yukon/>

Mental Wellness and Substance Use Services

- 456-3838 or 1-866-456-3838.

After hours support 867-667-8473

The Yukon Distress Line (run by Many Rivers) 7pm- 12pm daily
at 1-844-533-3030

Youth can also text 68-68-68 to reach a Kids help phone

Vaping:

<https://www.canada.ca/en/services/health/campaigns/vaping.html>

Questions?

