



# **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 ?

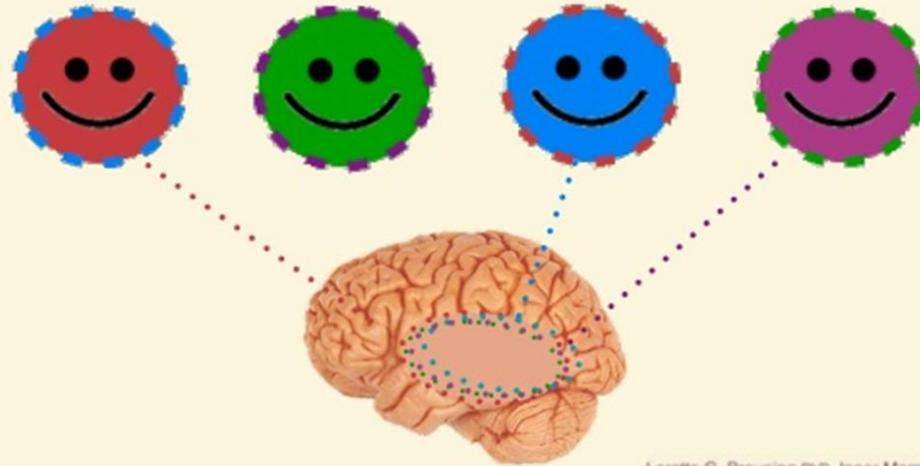
Good feelings come from  
4 special brain chemicals

dopamine

serotonin

endorphin

oxytocin



Loretta G. Breuning PhD, Inner Mammal Institute ©2016

# Opioids

## EXAMPLES OF OPIATES/OPIOIDS



OPIUM



HEROIN



MORPHINE



OXYCODONE



METHADONE

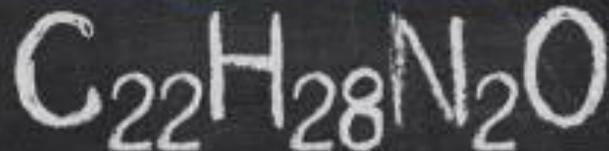


HYDROCODONE



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...



**Cannabis laced  
with Fentanyl**

**Another  
Cannabis Myth  
to Piss you Off!**



# 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:

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## 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:

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## **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

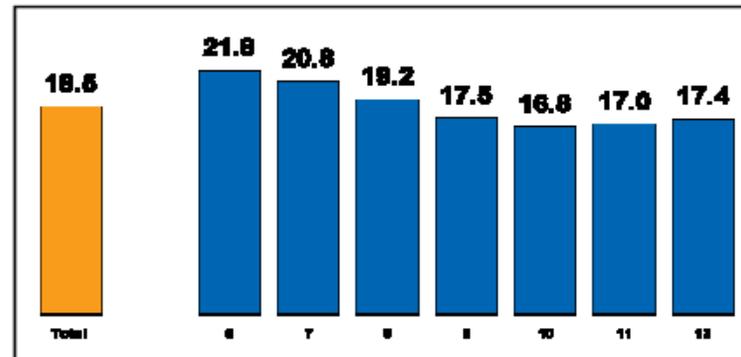
- Support: surrounded by people who love, care, appreciate, accept
- Empowerment: valued and valuable
- Boundaries and Expectations: clear rules and consequences
- Constructive Use of Time: Opportunities to develop new skills and interests

## 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

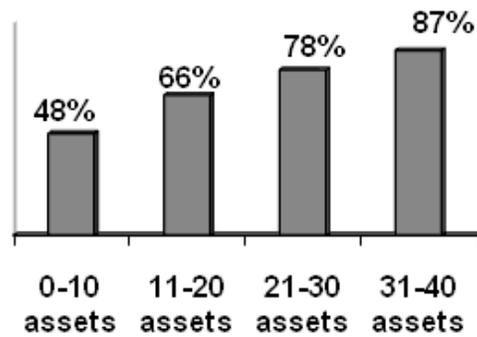
## Comparing youth with 31 or more assets to those with 10 or fewer assets.

Asset-rich youth are:

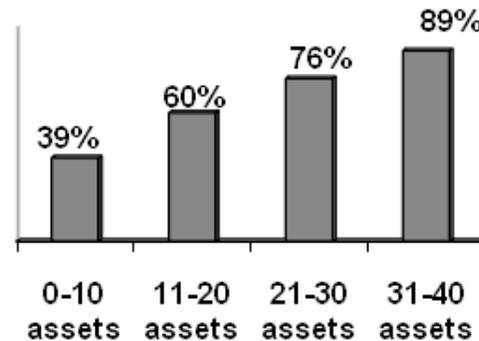
- 4 times more likely to resist danger and 7 times more likely to get mostly A's in school
- 37 times less likely to have used illicit drugs and 48 times less likely to exhibit anti-social behaviour patterns such as shoplifting or vandalism.

# The Power of Asset Development

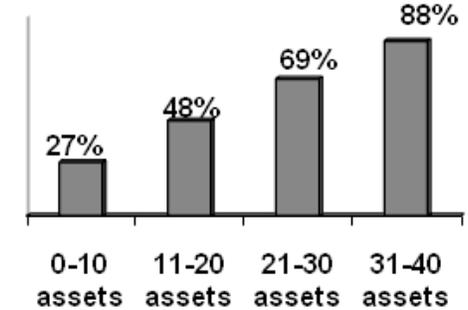
## Exhibits Leadership



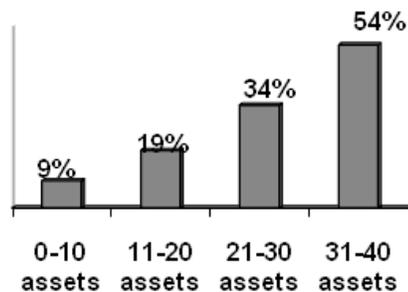
## Values Diversity



## Maintains Good Health



## Succeeds in School

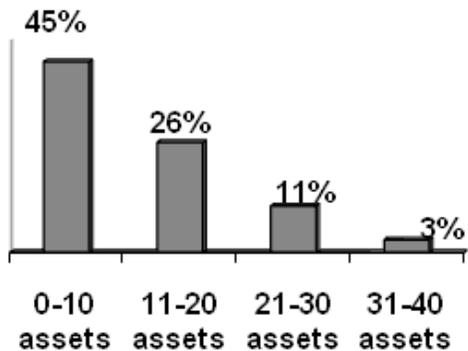


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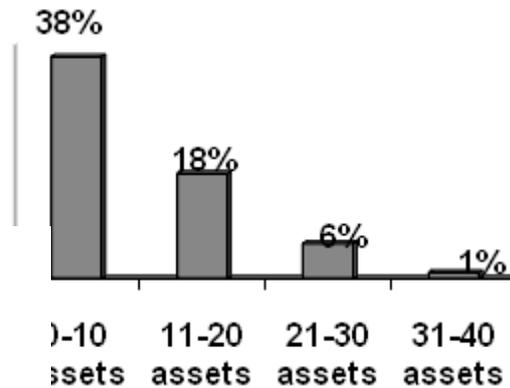
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# Assets to Protect from High-Risk Behaviours

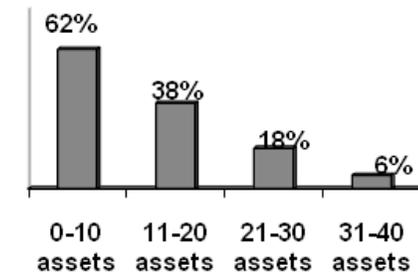
## Problem Alcohol Use



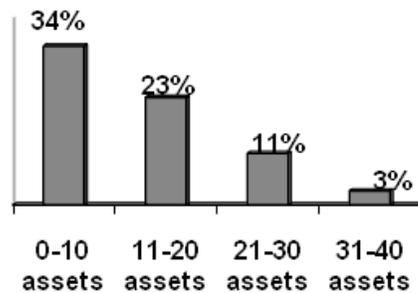
## Illicit Drug Use



## 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?

