

NALOXONE AND HARM REDUCTION



HARM REDUCTION

“Harm reduction is the **strategies** we use to **minimize the harm** that may befall an individual exercising their **right and freedom** to participate in a given activity.”

Strategies: harm reduction is strategies (like policies and programs)

Minimize Harm: the essence of harm reduction is that it minimizes harms, like injury or illness

Right and Freedom: people can make their own decisions about the activities they choose to participate in

At the end of the day, harm reduction is meant to keep people safe while they participate in the activities they want to.

YOU USE HARM REDUCTION EVERYDAY



Oven Mitts: protect our hands from the heat of the oven. We are allowed to use ovens even though they could cause serious burns – so we use oven mitts.



Seatbelts: protect people in vehicles from being injured during a car accident. Driving is one of the most dangerous things we do, but seatbelts make it safer.



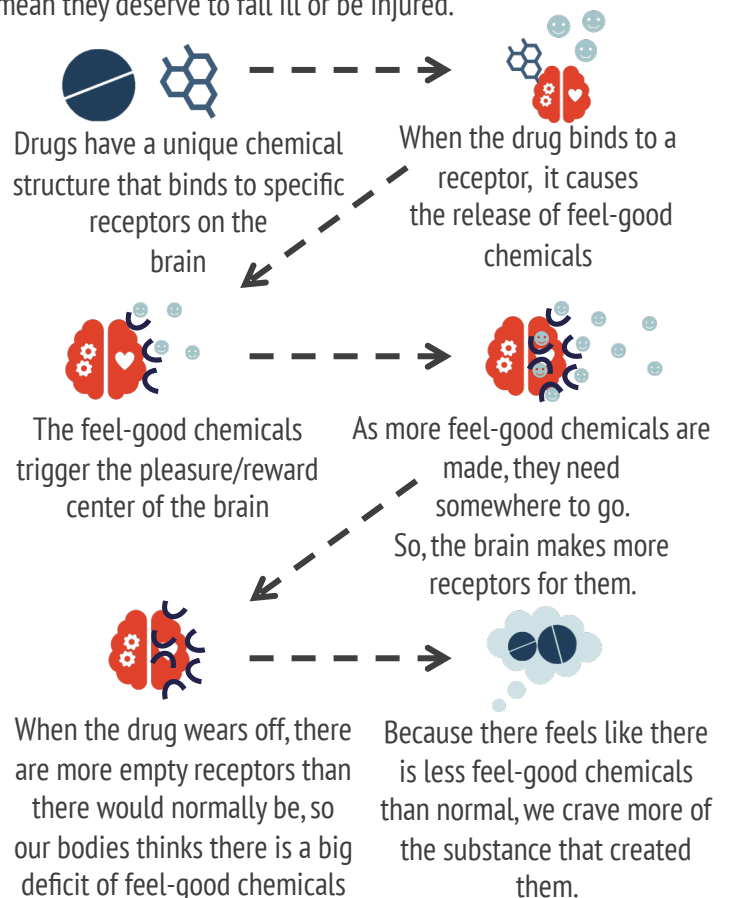
Life Jackets: protect people near water from drowning. People who can't swim are allowed to be near water and life jackets keep them safe.



Cigarette Filters: protect smokers from some of the chemicals in cigarettes. Smoking is bad for our health but people have the right to smoke if they want.

HOW ADDICTION WORKS

Harm reduction has been applied to addiction and drug use because people can choose to participate in these activities. Just because someone has an addiction or uses drugs, does not mean they deserve to fall ill or be injured.



Substances change our brain structure and makes it difficult for people resist using them repeatedly.

Harm Reduction Programs



Peer Support



Needle Exchange



Substance Replacement



Addictions Programs



Condoms



Links to Care



Supervised Drug Use



Overdose Prevention

Naloxone

Naloxone is an antidote to opioids. It is used when someone has taken too much of an opioid drug. Opioid overdoses cause restricted breathing and heart rate. Naloxone reverses this, restoring normal breathing and consciousness for 30-90 min (until the paramedics arrive)

Naloxone comes in a couple different forms: in an injectable ampule of naloxone liquid or as a nasal spray. Here's what comes along with the case with injectable naloxone.



2 x ampules of naloxone



3 x injection syringes



Nitrile Gloves



Alcohol Swabs



CPR Mask

Naloxone Storage



Keep out of direct sunlight



Don't store in the fridge



Keep at room temperature

Expiration

Check the expiry dates of the naloxone periodically, it lasts about 2 years. The expiry date can also be found on a sticker on the outside of the kit, or on the ampoule.

Naloxone does not work for non-opioid overdoses such as ecstasy, cocaine, crystal meth or alcohol.

SUBSTANCES AND THEIR RISKS

Upper/Downer

Likelihood of Addiction

Risk of Acquiring HIV & Hep C

Risk of Overdose

Antidote to Overdose

Alcohol



MODERATE

LOW

MODERATE



Pumped Stomach

Cocaine



MODERATE

MODERATE

MODERATE



Opioids



HIGH

HIGH

HIGH



Naloxone

Marijuana



LOW

LOW

LOW



Meth



HIGH

HIGH

HIGH



Meth overdose is caused by dopamine toxicity – there are dopamine agonists but they aren't widely available

MDMA



LOW

LOW

LOW



The risk of getting HIV and Hep C depends on how you use the drug – injecting the drug is high risk whereas smoking, snorting and ingesting are low risk.

There are other dangerous risks, like dehydration, associated with MDMA use

Sensory Activities

Sensory activities are really beneficial for the growing brain! They help kids build nerve connections in the brain, develop motor skills, supports language development, enhances problem solving skills and encourages social interaction.

KINETIC SAND

What You Need:

- 2.5 cups of fine sand
- 1.5 cups of corn starch
- 0.5 cups canola or vegetable oil
- 1 tbsp dish soap (optional)
- Food colouring

Steps:

1. Mix sand and cornstarch together completely
2. Add oil and food colouring and mix well
3. Make sure there is no oily or dry spots
4. Optional: mix in one tablespoon of dish soap to make "moon sand"



SLIME

What You Need:

- 8 oz Bottle of Elmer's white glue
- 1 ½ - 2 tbsp contact solution
- 1 tbsp baking soda
- Food colouring

Steps:

1. Add the glue and food colouring into a bowl
2. Mix in the baking soda
3. Add the saline solution – more will make it thicker, less will make it slimier
4. Knead the slime – after about 5 minutes it should be ready!

Try Elmer's sparkly glue or add sparkles for sparkly glue!



Oobleck

What You Need:

- 1 cup of corns starch
- 0.5 cups of water
- Food colouring

Steps:

1. Mix corn starch and water using a spoon
2. Add food coloring and mix until colour is consistent

Fun fact!

Oobleck is a "non-Newtonian" fluid which means it has properties of both solids and liquids. Under pressure, it is a solid but if not under pressure it is liquid!



Math Puzzles

LEVEL 1

$$\begin{aligned} \text{Apple} + \text{Apple} + \text{Apple} &= 30 \\ \text{Apple} + \text{Watermelon} + \text{Watermelon} &= 20 \\ \text{Watermelon} + \text{Lemon} &= 25 \\ \text{Apple} + \text{Watermelon} + \text{Lemon} + \text{Lemon} &= ? \end{aligned}$$

LEVEL 3

$$\begin{aligned} \text{Tree} + \text{Tree} + \text{Tent} &= 12 \\ \text{Fire} + \text{Log} &= 8 \\ \text{Tree} + \text{Log} &= 15 \\ \text{Tree} + \text{Tree} + \text{Fire} &= 2 \\ \text{Tree} + \text{Tent} + \text{Log} + \text{Fire} &= ? \end{aligned}$$

LEVEL 2

$$\begin{aligned} \text{Bee} + \text{Bee} + \text{Bee} + \text{Bee} + \text{Bee} &= 5 \\ \text{Flower} + \text{Honey Pot} &= 7 \\ \text{Flower} + \text{Bee} &= 4 \\ \text{Honey Pot} + \text{Bee} + \text{Bee} + \text{Bee} + \text{Bee} &= ? \end{aligned}$$

LEVEL 4

$$\begin{aligned} \text{Crab} + \text{Anchor} &= -3 \\ \text{Whale} + \text{Crab} + \text{Crab} &= 8 \\ \text{Umbrella} + \text{Anchor} &= 3 \\ \text{Whale} + \text{Whale} + \text{Sun} &= 32 \\ \text{Crab} + \text{Crab} + \text{Whale} + \text{Whale} + \text{Anchor} + \text{Umbrella} + \text{Sun} &= ? \end{aligned}$$

BEAT THE HEAT ACTIVITES

Water Balloon Pinata



What You'll Need

- A string
- Water
- Funnel
- Small Balloons
- Plastic Bat/ Stick/ Cardboard Tube/ etc.

What You'll Do

1. Fill some (about 7) balloons with water using the plastic funnel
2. Tie the ends of balloons to a string
3. Tie the string between to structures. Aim to tie it a little about the heads of those playing the game
4. Players can take turns smacking at and bursting the balloons

Sponge Ball Fight



What You'll Need

- Sponges
- Scissors
- Small Elastic Bands



What You'll Do

1. Cut the sponge into 3 strips
2. Stack the strips to make a 3x3 block
3. Wrap a couple of elastic bands around the middle of the sponges and wrap a couple elastic bands around the bunch
4. Fluff up the sponge pieces to make it into a ball
5. Soak the sponge balls in water and throw them (gently) at each other

MATH PUZZLE ANSWERS

LEVEL 1

= 55

🍏 = 10

🍉 = 5

🍋 = 20

LEVEL 2

= 8

🐝 = 1

🌸 = 3

🍯 = 4

LEVEL 3

= 17

🏠 = 6

🪵 = 12

🔥 = - 4

🌲 = 3

LEVEL 4

= 39

⚓ = - 5

🦀 = 2

☀️ = 24

☂️ = 8

🐳 = 4

WEBINAR

July 27th from 1pm – 2pm

Topic: Myth Busting Harm Reduction

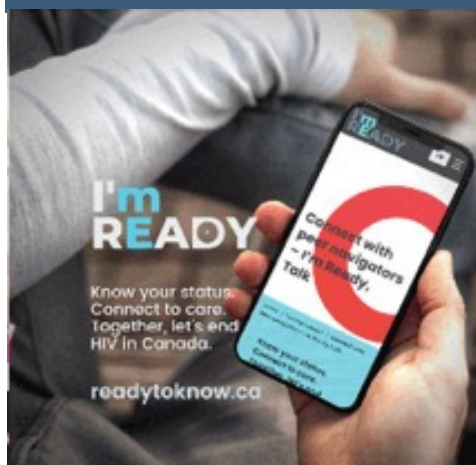
Prizes Available!



Register and get your Zoom link here:

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