

## What is Harm Reduction?

Harm reduction is a topic that has many different concepts. These concepts include pragmatism, human rights, a focus on harms, maximizing intervention concepts, a priority of immediate goals, and drug user involvement.

Harm reduction doesn't focus on ending a person's relationship with drugs but instead focuses on keeping people safe and avoid long term consequences such as HIV and HCV. In attempts to provide a safer way of drug use, safe inhalation kits are distributed from various locations in Fort St. John.

Harm reduction also includes safe sex which can be achieved by using condoms as well as lubricant. Both are also provided at various locations in town.



Fort St. John Women's Resource Society  
10051 100th avenue  
Fort St. John BC V1J 1Y7  
250-787-1121  
outreach@fsjwrs.ca  
fsjwrs.ca

# Harm Reduction in Fort St. John

Fort St. John Women's Resource Society

## Place To Go

Health Unit  
Naloxone, Safe Injection Kits, Safe Inhalation Kits, Safe Sex Products  
250-263-6000  
Monday - Friday 8:30a - 4:30p

Intensive Case Management Team (ICMT)  
Naloxone, Safe Injection Kits, Safe Inhalation Kits, Safe Sex Products  
250-261-7271  
Everyday 9:00a - 8:15p

Mental Health and Addictions  
Naloxone, Safe Injection Kits, Safe Inhalation Kits, Safe Sex Products  
250-263-6080  
Monday - Friday 8:30a - 4:15p

Women's Resource Society  
Naloxone, Safe Injection Kits, Safe Inhalation Kits, Safe Sex Products  
250-787-1121  
Monday - Friday 9:00a - 3:00p

Friendship Centre  
Safe Sex Products  
250-785-8566  
Monday - Friday 8:30a - 4:30p

Pharmacy and Wellness Centre  
Naloxone, Syringe exchange

## Who To Phone

Alcohol & Drug Information Services 1-800-663-1441

Alcoholics Anonymous 250-785-0500

Community Bridge 250-785-6021

Crisis Centre 1-800-784-2433

Crisis Line 1-888-562-1214

Friendship Centre 250-785-8566

Women's Resource Society 250-787-1121

Kids Help Phone 1-800-668-6868

Mental Health and Addictions 250-263-6080

Narcotics Anonymous 250-785-8866

RCMP 250-787-8100

VictimLink BC 1-800-563-0808

Youth Line 1-888-564-8336

Intensive Case Management Team 250-261-7271

Health Unit 250-263-6000

**In Case of Emergency dial 9-1-1**

# Naloxone

Naloxone is an antidote to an opioid overdose. It temporarily reverses the life-threatening slowed breathing from an opioid overdose. Naloxone does not work for non-opioid overdoses. However, if an overdose involves multiple substances, including opioids, naloxone helps by temporarily taking the opioid out of the picture. If no opioids are involved, giving naloxone is not harmful, it just won't work or have any effect.

Naloxone acts fast (usually within 3-5 minutes). After 20-90 minutes, naloxone stops working. Naloxone does not destroy opioids. So, the overdose may return and more doses of naloxone may be needed. This is most likely if large doses of highly toxic opioids (like fentanyl), or long-acting opioids (like methadone) are involved, or the individual has liver damage.

Follow the SAVE ME steps to respond to an opioid overdose.

**Stimulate;** Unresponsive? Call 9-1-1

**Airway**

**Ventilate;** 1 breath every 5 seconds

**Evaluate**

**Medication;** 1mL of naloxone, continue to provide breaths until the person is breathing on their own

**Evaluate;** 2nd dose? If no response after 3-5 minutes give another dose.

# Depressant Overdose

## Signs of Overdose

- Vomiting
- Unresponsive, but awake
- Limp body
- Pale and/or clammy face
- Blue/grey fingernails or lips
- Shallow or erratic breathing or not breathing at all
- Slow or erratic pulse (heartbeat)
- Choking or sounds of a gurgling noise
- Loss of consciousness

## How to Respond

- Check for danger
- Call an ambulance and stay on the line
- Monitor the person and give CPR if they stop breathing
- Loosen tight clothing
- If the person is unconscious or wants to lie down, put them in the recovery position
- Provide paramedics with as much information as possible regarding what substances the person has taken

# Opioid Overdose

## Signs of Overdose

- No response to stimuli
- Shallow, laboured or no breathing
- Cannot be woken up
- Snoring or gurgling
- Blue/grey lips or finger tips
- Floppy arms or legs

## How to Respond

- Check for danger
- Call an ambulance and stay on the line
- Put the person in recovery position
- If you have access to narkan/naloxone assemble the mini-jet or ampoule and inject into thigh or upper arm (if you have a nasal spray, spray into one side of the nasal canal)
- Provide CPR
- If there has been no response within 3-5 minutes, and if you have it available, administer another dose of narkan/naloxone

# Stimulant Overdose

## Signs of Overdose

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing
- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

## How to Respond

- Check for danger
- Call an ambulance and stay on the line
- Reassure the person and make sure they are comfortable
- If overheating, try to loosen outer clothing, or put a wet towel on the back of their neck or under their underarms
- Check for a response
- Put person into recovery position and monitor

# Psychoactive Substance Overdose

## Signs of Overdose

- Rigid muscles/spasms
- Shaking/shivering
- Fever/overheating
- Nausea or vomiting
- Difficulty/stopped breathing
- Can't be woken up
- Seizure
- Confusion or distress
- Paranoia, fear and panic
- Agitation and aggression

## How to Respond

- Check for danger
- Call an ambulance and stay on the line
- If confused or panicking try to reassure them
- Maintain calmness
- If overheating try to cool them by loosening clothes
- If you can't get a response put them in the recovery position

# Alcohol Overdose

## Signs of Overdose

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than ten seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

## How to Respond

- Check for danger
- Call an ambulance and stay on the line
- Stay with them
- Keep them warm
- If they are unconscious, put them in the recovery position and check that they are breathing (don't leave them on their back)
- If they are awake, try to keep them in a sitting position and awake
- Give CPR if they stop breathing before the ambulance arrives

# Crack Cocaine

**Other Names:**

Hard rock, Jelly beans, Casper (the Ghost), Crunch&Munch,

**How it's used:**

Smoked

**Duration of 'high':**

15 - 20 minutes

**Short Term Effects:**

Euphoria, heightened awareness, feelings of superiority and invincibility, lowering of inhibitions, depression, hostility, paranoia, anxiety, elevated heart rate, dilated pupils, nausea, rapid breathing

**Long Term Effects:**

Insomnia, loss of appetite, sexual dysfunction, permanent damage to blood vessels, heart attacks, kidney failure, liver damage, lung damage, shortness of breathing, coughing, tooth decay, violence, crime, psychotic behaviour

# Crystal Meth

**Other Names:**

Side, Crystal, Meth, Chalk, Tina, Ice, Speed, Poor man's coke

**How it's used:**

Smoking, Snorted, Injected, Swallowed

**Duration of 'high':**

30-60 minutes

**Short Term Effects:**

Anxiety, confusion, convulsions, Diarrhea, Dryness of the mouth, headache, hyperthermia, insomnia, irritability, long periods of no sleep, loss of appetite, metallic-like taste, paranoia, problems breathing, vomiting, weight loss, hallucinations, high motivation, confidence,

**Long Term Effects:**

Psychosis, paranoia, repetitive motor activity, changes in brain structure and function, deficits in thinking and motor skills, increased distractibility, memory loss, aggressive or violent behaviour, mood disturbances, severe dental problems, weight loss

# Ecstasy

**Other Names:**

X, E, XTC, Adam, Beans, Candy, Happy pill, hug drug, love drug, Malcolm (X), Molly

**How it's used:**

Swallowed, Snorted, Smoked

**Duration of 'high':**

6 Hours

**Short Term Effects:**

Mood lift, talkative/sociable, increase in energy, feelings of comfort and belonging, increased empathy, decreased appetite, visual distortion, changes in body temperature regulation, unexpected emotions, mild to extreme jaw clenching, teeth grinding, difficulty concentrating, inability to fall asleep, nausea/vomiting

**Long Term Effects:**

Depression, sleepiness, muscle aches, loss of appetite, insomnia, loss of concentration, irritability

# Cocaine

**Other Names:**

Coke, soft rock, C, Charlie, Snow, White Lady

**How it's used:**

Snorted, Ingested, Injected

**Duration of 'high':**

20 minutes

**Short Term Effects:**

Talkative/social, euphoria, energetic, confidence, sense of clear head, increased alertness, self-interest, decreased appetite, dry mouth, impaired movement, sweating, increased heart rate, pupil dilation, headaches, restlessness, insomnia, nausea

**Long Term Effects:**

Loss of appetite/malnutrition/weight loss, restlessness, reduced resistance to infection, convulsions, violent behaviour, emotional disturbances, paranoia, tolerance and dependence, auditory hallucinations, periods of psychosis.

# Acid

**Other Names:**

Blotter, California Sunshine, Cid, Doses, Dots, Lucy

**How it's used:**

Swallowed

**Duration of 'high':**

6-24 hours

**Short Term Effects:**

Euphoria, positive mood, loss of the sense of self, distortions/hallucinations, spiritual/mystical experiences, unexpected emotions, visual hallucinations, time distortions, confusion, disorientation, psychosis-like symptoms, anxiety

**Long Term Effects:**

Flashbacks, increase risk of developing severe mental disturbances in those who have a predisposition to the condition, impaired memory/concentration, tolerance to the drug, psychological dependence

# Mushrooms

**Other Names:**

Shrooms, amani, mushies, liberties, happies, magics

**How it's used:**

Ingested

**Duration of 'high':**

4-6 hours

**Short Term Effects:**

Euphoria, positive mood, loss of the sense of self, distortions/hallucinations, spiritual/mystical experiences, unexpected emotions, visual hallucinations, time distortions, confusion, disorientation, psychosis-like symptoms, anxiety

**Long Term Effects:**

Anxiety, hallucinations, depression, poisoning, worsening of a current mental condition, schizophrenia, flashback

# Barbiturates

**Other Names:**

Barbs, downers, blues, pinks, rainbows, reds, sleepers

**How it's used:**

Ingested

**Duration of 'high':**

4-16 hours

**Short Term Effects:**

Relaxation, euphoria, reduced inhibition, slurred speech, loss of coordination, impaired judgement, confusion, relieve anxiety, induce sleep

**Long Term Effects:**

Lack of coordination, headache, vomiting, confusion, memory loss, respiratory arrest, tolerance/dependence, difficulty thinking, kidney failure, coma

# Benzodiazepines

**Other Names:**

Restoril, Valium, Xanax, Klonopin, Ativan, Librium, Benzos, Blues, Candy, Chill pills, Downers, Tranks

**How it's used:**

Ingested

**Duration of 'high':**

30-120 minutes

**Short Term Effects:**

Drowsiness, lightheadedness, confusion, dizziness, blurred vision, weakness, slurred speech, lack of coordination, difficulty breathing, sedation, memory impairment, improper body balance, increase/decrease in appetite, nausea, vomiting, dry mouth

**Long Term Effects:**

Respiratory depression, tolerance/dependence, jaundice, seizures, slow heart rate, severe low blood pressure, fainting

# Cannabis

**Other Names:**

Pot, dope, weed, gunja, marijuana, kronic, spice, incense

**How it's used:**

Smoked, ingested

**Duration of 'high':**

1-9 hours

**Short Term Effects:**

Relaxation, talkative/sociable, happiness, laughter, increased appetite, distorted sense of time/space, alteration of sight and smell, loss of pain perception, impairment of short-term memory, fatigue, paranoia

**Long Term Effects:**

Decreased concentration, decreased memory/learning abilities, interference with sexual drive and hormone production, mental health problems in those who are vulnerable, dependence, bronchitis, lung cancer

# Heroin

**Other Names:**

Hammer, H, Smack, Horse

**How it's used:**

Injected, swallowed, smoked, snorted

**Duration of 'high':**

2-4 hours

**Short Term Effects:**

Shallow breathing, reduced concentration/coordination/balance, sleepiness, feeling of wellbeing, nausea/vomiting, dilated pupils, slow heart rate

**Long Term Effects:**

Loss of appetite, chronic constipation, irregular menstruation, infertility, impotence, chest and bronchial problems, dependence

# Fentanyl

**Other Names:**

Apache, China White, Dance Fever, Friend, Jackpot, TNT, Green beans, Green monsters

**How it's used:**

Swallowed, snorted, injected

**Duration of 'high':**

30-90 minutes

**Short Term Effects:**

Euphoria, relaxation, drowsiness, nausea, confusion, constipation, sedation, respiratory depression, reduced appetite, dizziness, slurred speech, impaired balance, slow pulse, unconsciousness, coma,

**Long Term Effects:**

Mood instability, reduced libido, menstrual problems, respiratory impairment

# Talwin/Ritalin

**Other Names:**

T's and R's, T's and Rits, One and Ones, Crackers, Set

**How it's used:**

Mixed and injected

**Duration of 'high':**

Brief

**Short Term Effects:**

Dizziness/confusion, nausea/vomiting, shakiness, no appetite, poor sleep, paranoia, feeling of wellbeing, high that mimics the combination of cocaine and heroin

**Long Term Effects:**

Hallucinations, delusions, confusion, damaged veins, breathing problems, lung disease, agitation, anxiety, insomnia, depression, tolerance/addiction

# Ketamine

**Other Names:**

K, Special K, Super K, Vitamin K, Kit Kat, Purple, Jet

**How it's used:**

Snorted, ingested

**Duration of 'high':**

40-90 minutes

**Short Term Effects:**

Increase in energy, euphoria, sense of calm/serenity, meaningful spiritual experiences, distortion, closed/open eye visuals, dissociation of mind from body, short term memory loss, confusion, paranoia, nausea, distortion

**Long Term Effects:**

Depression, short-term memory loss, visual memory problems, decreased bladder compliance, risk of falling into a "K-Hole" (the out of body experience experienced when a large amount Ketamine is taken)

# Signs of Withdrawal

**Emotional:**

- Anxiety
- Depression
- Confusion
- Irritability
- Insomnia
- Difficulty concentrating
- Paranoia
- Intense cravings for the drug

**Physical:**

- Nausea, vomiting, diarrhoea,
- Headaches
- Abdominal cramps
- Muscle/bone pain
- High temperature and/or chills
- Increased heart rate
- Sweating
- Shaking/shivering
- Exhaustion
- Unpleasant, vivid dreams