



Opioid Overdose Information for Schools

Public Health Emergency:

- In 2016 and 2017, there have been over 2100 unintentional overdose deaths in British Columbia. Overdoses and overdose deaths are occurring throughout the province, in both rural and urban areas and in all regions including over 100 deaths in Northern BC.
- However, none of these overdose deaths occurred on school grounds, and none have occurred among those under the age of 15. In Northern Health, there have been no deaths under the age of 19.
- The BC Ministry of Health and the Health Authorities are working hard to ensure that we mobilize every effort to prevent additional deaths. You can read more about Northern Health's overdose response on our [website: northernhealth.ca/YourHealth/OverdosePrevention](http://northernhealth.ca/YourHealth/OverdosePrevention)

What can schools do?

- Schools are currently not a high risk setting. Therefore, the focus for youth ages 10-18 is on prevention of drug use and education about the harms associated with illicit drug use.
- Evidence shows fear-based messaging is not effective in decreasing risk-taking behaviour and indeed this may prevent high risk youth from reaching out for help.
- Building relationships with vulnerable youth can open doors to provide education and addressing concerns for their safety.
- Have supportive, non- judgemental conversations around risks of overdose and how to recognize and respond to an overdose along with safer drug practices. See [Drug Education is Conversation \(https://www.uvic.ca/research/centres/cisur/assests/docs/hs-pp-converstation.pdf\)](https://www.uvic.ca/research/centres/cisur/assests/docs/hs-pp-converstation.pdf) for more information.
- In special circumstances (such as a school administrator knows that a particular school has students at risk in attendance who may be using on the premises) we recommend purchasing a naloxone kit for your school and ensuring a person is available who is comfortable administering it.

Where can schools access a Naloxone Kit?

<http://towardtheheart.com/site-finder>

- Naloxone kits are available over the counter at most pharmacies.
- Training on how to use the kits is also available by the pharmacist.
- Free online training is available at <http://towardtheheart.com/naloxone-training>.

What students are considered at risk?

- While school grounds are generally not high risk locations for overdose, some students may be at risk of overdose due to illicit drug use outside of school hours.
- Any student that discloses using illicit substance (other than cannabis) could be at risk for overdose.
- Any student that mixes alcohol with other illicit substances could be at risk.
- Any student that has a history of overdose could be at risk.

Where can I refer an at risk youth for a Naloxone Kit?

- Naloxone is available for free to individuals at risk within all northern BC communities.
- [Take Home Naloxone \(http://towardtheheart.com/site-finder\)](http://towardtheheart.com/site-finder) sites are listed here for Northern Health and all of BC.

Where can I access teaching material and curriculum on opioid overdose?

Substance use overall:

- Teacher resources for grades 6-11 have been developed by the Canadian Institute for Substance Use Research (CISUR).
- They include:
 - [The Giver \(http://www.uvic.ca/research/centres/cisur/assets/docs/iminds/giver.pdf\)](http://www.uvic.ca/research/centres/cisur/assets/docs/iminds/giver.pdf) (Grades 6-8)
 - [The Hunger Games \(http://www.uvic.ca/research/centres/cisur/assets/docs/iminds/hunger-games.pdf\)](http://www.uvic.ca/research/centres/cisur/assets/docs/iminds/hunger-games.pdf) (Grades 7-9)
 - [Pain Medications: Benefits and Risks \(http://www.uvic.ca/research/centres/cisur/assets/docs/iminds/pain-meds.pdf\)](http://www.uvic.ca/research/centres/cisur/assets/docs/iminds/pain-meds.pdf) (Grade 9)
 - [Opioid Use: Deconstructing Media Messages \(http://www.uvic.ca/research/centres/cisur/assets/docs/opioid-media-deconstruct.pdf\)](http://www.uvic.ca/research/centres/cisur/assets/docs/opioid-media-deconstruct.pdf) (Grade 11)
- You can read more about CISUR and their resources at www.helpingschools.ca
- Information is also available by grade and subject at [iMinds resources. \(http://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/index.php\)](http://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/index.php)

Opioid overdose prevention:

- Stop Stigma, Save Lives: <https://www.northernhealth.ca/YourHealth/Stigma.aspx>
- Safer Drug Use: <http://towardtheheart.com/safer-use>
- Naloxone Saves Lives (video)
 - <http://www.towardtheheart.com/naloxone-training>
 - Fraser Health has an information kit for parents and schools http://www.fraserhealth.ca/media/Overdose_SchoolToolkit_FINAL.pdf: Stop Drug Overdose

What can we share with Parents?

- Overdose Awareness BC: <https://www2.gov.bc.ca/gov/content/overdose>, see section “Talking to Youth”



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