



First Nations Health Authority  
Health through wellness

# NOT JUST NALOXONE

## Course Outline

Not Just Naloxone (NJN) is a two-day virtual or in-person train-the-trainer program aimed at teaching people how to have safe conversations about substance use in First Nations communities.

NJN aims to transform harm reduction services, programs, and interventions so that they are culturally informed, culturally relevant, and culturally safe. The core concepts in NJN (described in more detail below) is intended to destigmatize people who use substances and bring about meaningful change for community wellness.

The NJN workshops and highlighted curriculum topics are delivered collaboratively by the Four Directions Team, FNHA regional teams and community harm reduction champions.

### NOT JUST NALOXONE CORE CONCEPTS

**Definitions:** Learn about key clinical and non-clinical definitions in relation to the toxic drug crisis. Understand how opioids work and about the various harm reduction strategies and resources available.

1. Understand the different forms of opioids and other substances including stimulants and benzodiazepines
2. Learn about the impact of fentanyl and carfentanil on the toxic drug crisis
3. Learn about safe supply and how people can access it
4. Understand the importance of and best practices around engaging with people with lived and living experience

**Public Health Emergency Update:** Examine the statistics and trends of the toxic drug crisis, particularly as they relate to First Nations and other Indigenous peoples and demographics.

1. Understand the timeline and history of the toxic drug crisis from 2016 to present day
2. Understand how to interpret graphs, maps, and other forms of data
3. Demonstrate an understanding of the different data sources that are available in British Columbia
4. Recognize the limitations of Indigenous-specific data that is available

**Racism and Prohibition:** Examine the origins of prohibition laws in the context of colonial Canada. Why are some substances legal and some illegal? Who creates these policies? Can they be unmade?

1. Distinguish the harms associated with substance use and prohibition policies throughout history
2. Formulate linkages between racism and prohibition laws in Canada

**Decolonizing Substance Use:** Allow participants to uncover the root causes of addiction and identify societal beliefs that perpetuate harm against people who use substances and obstruct good substance use programs and services.

1. Identify root causes of addiction and root causes of connection
2. Evaluate beliefs around supporting people with addiction
3. Dismantle stigmatizing language and misinformation about substance use

**Indigenous Harm Reduction:** Provide participants with a cultural lens to the work of harm reduction in First Nations communities. Harm Reduction is often seen under the lens of politics or population/public health. Indigenous Harm Reduction offers a chance to re-centre a human lens to the good work of harm reduction.

1. Formulate linkages between culture and harm reduction
2. Assemble community strategies for delivering harm reduction services

**Naloxone Training:** Provide participants with the knowledge and practice on how to confidently administer both intramuscular (IM) and nasal naloxone.

1. Recognize the purpose of all items in naloxone kits
2. Understand the difference between the IM and nasal naloxone and how they both work
3. Memorize and be able to use the “save me” steps in practice
4. Understand the good Samaritan act
5. Develop an understanding of after-care following administration of naloxone

**Facilitation 101:** Provide participants with a guide on the best practices for facilitating courageous conversations about substance use, harm reduction, and overdose prevention in First Nations communities.

1. Apply trauma and resiliency informed practice
2. Understand principles of adult education
3. Understanding power and privilege in the learning environment
4. Apply anti-stigmatizing language

## CONTACT US

If you are interested to learn about future training dates, have any questions, or would like to learn more about the program please email [njn@fnha.ca](mailto:njn@fnha.ca).

