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Health through wellness

Not just Naloxone- Talking about Substance Use and Harm Reduction in Indigenous Communities Springlove2023!





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Who are we?

- Keshia Cleaver
- Emma Garrod



Who are you?

Introduce yourself at your table!

1. Name
2. Home community or Ancestry
3. If you could be on any reality TV show which one would it be?



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Content Warning







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Brainstorm:

What is required for safe yet brave conversations?





Discussion

- How is harm reduction integrated into your work or community?
- What factors support this? Are there any barriers?





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NJN Origin Story



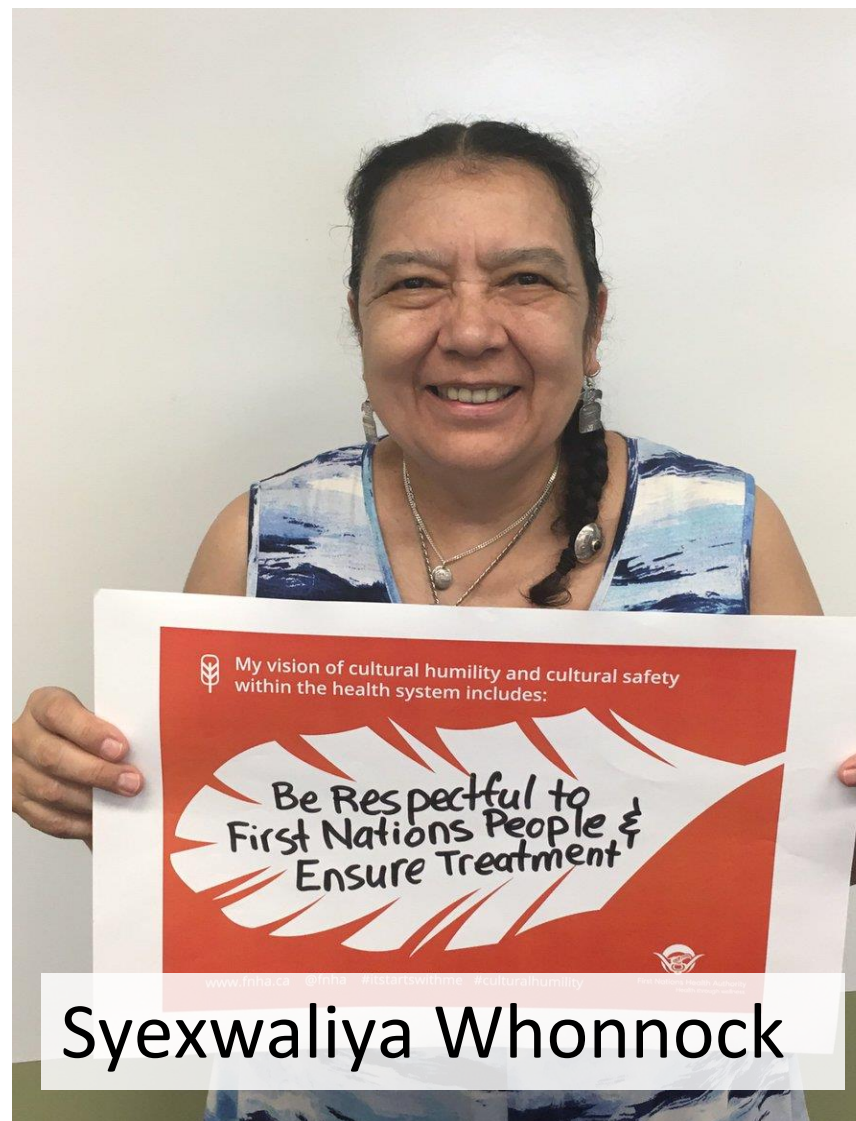
NJN Elders



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Doris Fox



Syexwaliya Whonnock

Not Just Naloxone Team



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Len Pierre
Cultural Advisor



Jolene Pagurut
Nursing Practice Consultant



Keshia Cleaver
Harm Reduction Advisor



Sony Subedi
Project Manager



Kirsten Ellingson
Program Manager



Emma Garrod
Clinical Nurse Specialist





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Persons with lived and living experiences



Desiray Turrell



Earlina Sunshine



Jenny McDougall



Aimee Badine





Not Just Naloxone (NJN) Workshop





Talking about Substance Use

Some of the language you will hear us use

Instead of...
Opioid crisis/Overdose crisis
Addict/Junkie/User/Druggie/Abusers
Drug abuse/Substance misuse/Problematic drug use
Clean/Sober/Reformed addict/Former addict
Dirty needle
They/Them/Those people

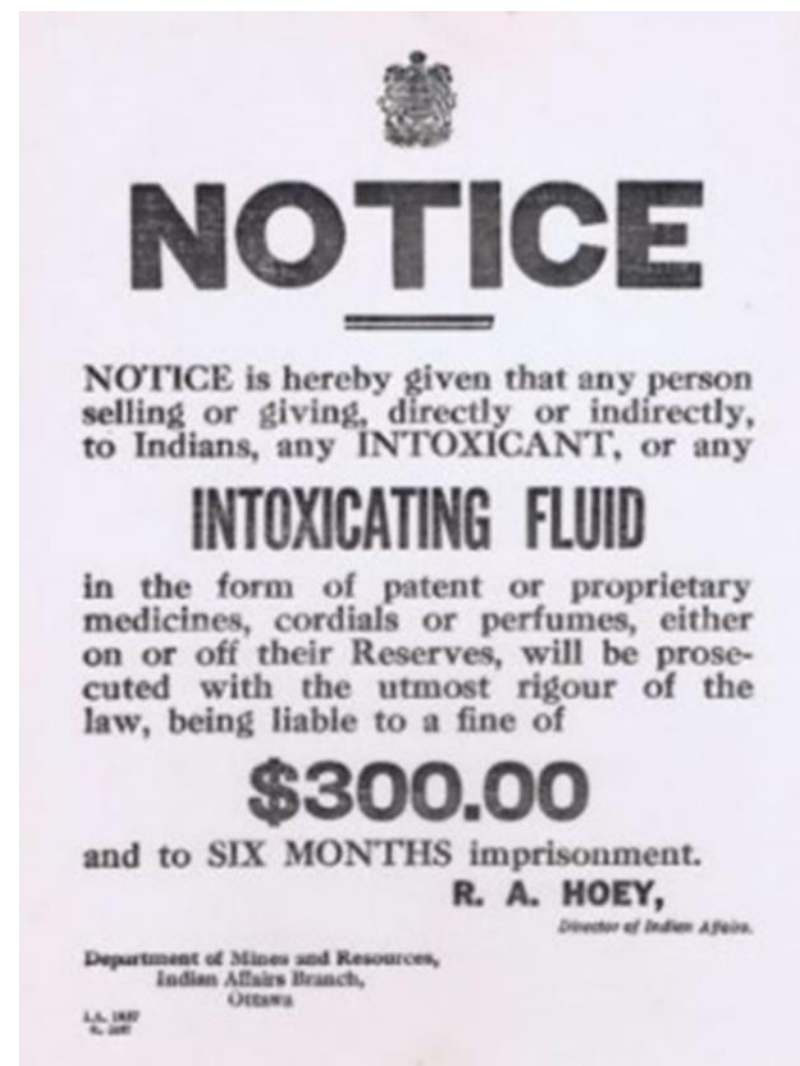
Try...
Toxic drug crisis/Drug poisoning crisis
People who use drugs or substances
Drug use/Substance use/Substance use harms
Wellness journey/Recovery journey/People or person with lived experience
Used needle
We/Us/People/Individuals



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Racism and Prohibition

- Illegality of alcohol on Indian reservations for 100+ years
- \$300 fine
- Imprisonment up to six months
- Fear of mixing white and Indian blood
- System of control





Why Decolonize Substance Use?



Create a collective understanding about sensitive and complex topics



Make clear linkages between colonialism, trauma, and substance use



Remove blame from people who have experienced trauma



Respectfully balance the tone of the conversation and move forward in a good way



Indigenous harm reduction principles and practice



Relationships and care

Healing requires working together as one heart and one mind



Strength and protection

Healing is embedded in culture and tradition



Knowledge and wisdom

Healing requires time, patience and reflection



Identity and transformation

Healing involves finding out who you are and accepting who you were



Addressing misinformation:

What we hear:

“Addiction is a choice, and if you loved me you would stop using substances”

What we know:

People do not choose to be addicted.
Substances can be used to cope with bad thoughts, feelings, and emotions.





Addressing misinformation:

What we hear:

“We just need to kick out all the people who sell drugs to solve the problem”

What we know:

Prohibition does not work.

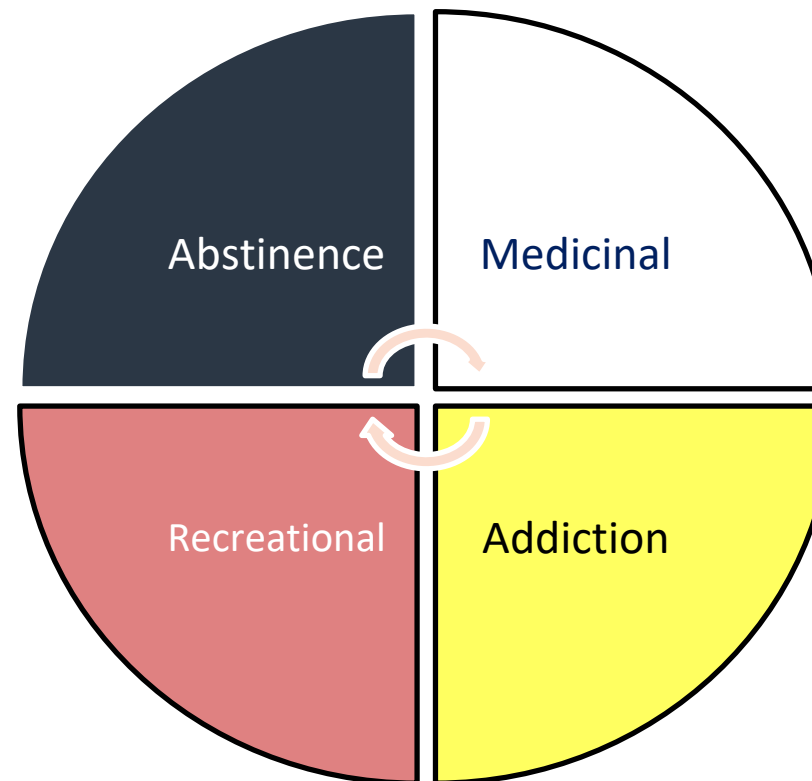




Addressing misinformation:

What we hear:
All people who use substances are
addicted.

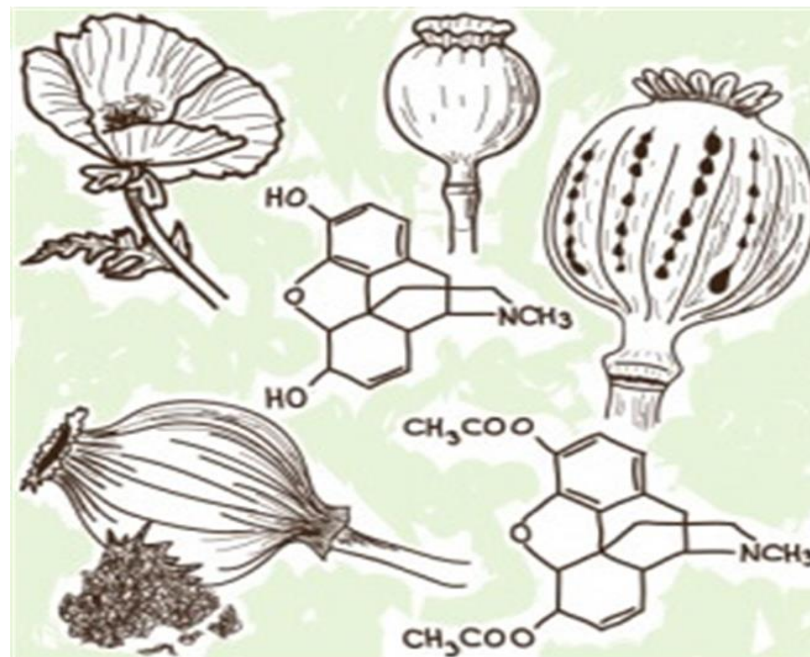
What we know:
There are four relationships
with substances





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Definitions



Naloxone training



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Cultural support and wellness





Talking about drugs: Lessons Learned

1. Address the Pink Elephant in the room: abstinence
2. "Dry FN Communities"
3. Nothing about us without us
4. Youth are essential
5. Crisis humility
6. Compounded grief
7. We are NOT our traumas
8. Focus on healing (not the drugs)
9. Stigma is the real enemy
10. Prohibition = potency
11. Self-determination & self-autonomy are cultural values





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Snowball activity and stretch break



Snowball Activity

- Any questions at all that you have around substance use and/or harm reduction?





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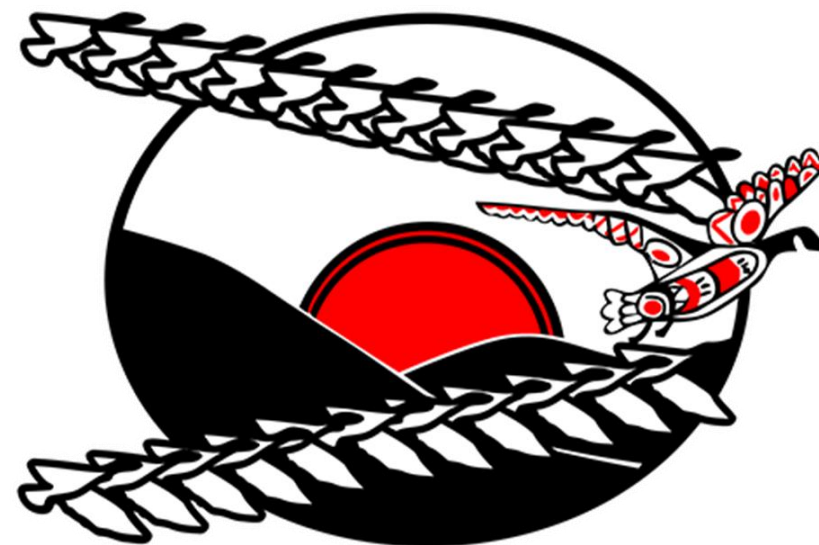
October 2020- March 2023 summary





Types of virtual trainings provided

- Regional trainings
- NJN for Youth
- NJN for Elders
- NJN for Primary Care (Doctors, Nurses, Pharmacists, etc)
- NJN for Nurses
- NJN for First Responders (fire fighters, paramedics, etc)
- NJN for Friendship Centers





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In person community trainings



Members of the NJN team travel across the province to provide in-person NJN training in communities, friendship centres and other organizations

Participant Reflections from virtual and in-person trainings



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"I really liked that it was all encompassing from start to finish. A truly holistic approach to training in healthcare- it started with the history, then on to people with current lived experience, resiliency, Indigenous harm reduction and Trauma and Resiliency Informed Practice- it was a 2-day journey of de-colonization. Truly transformative."

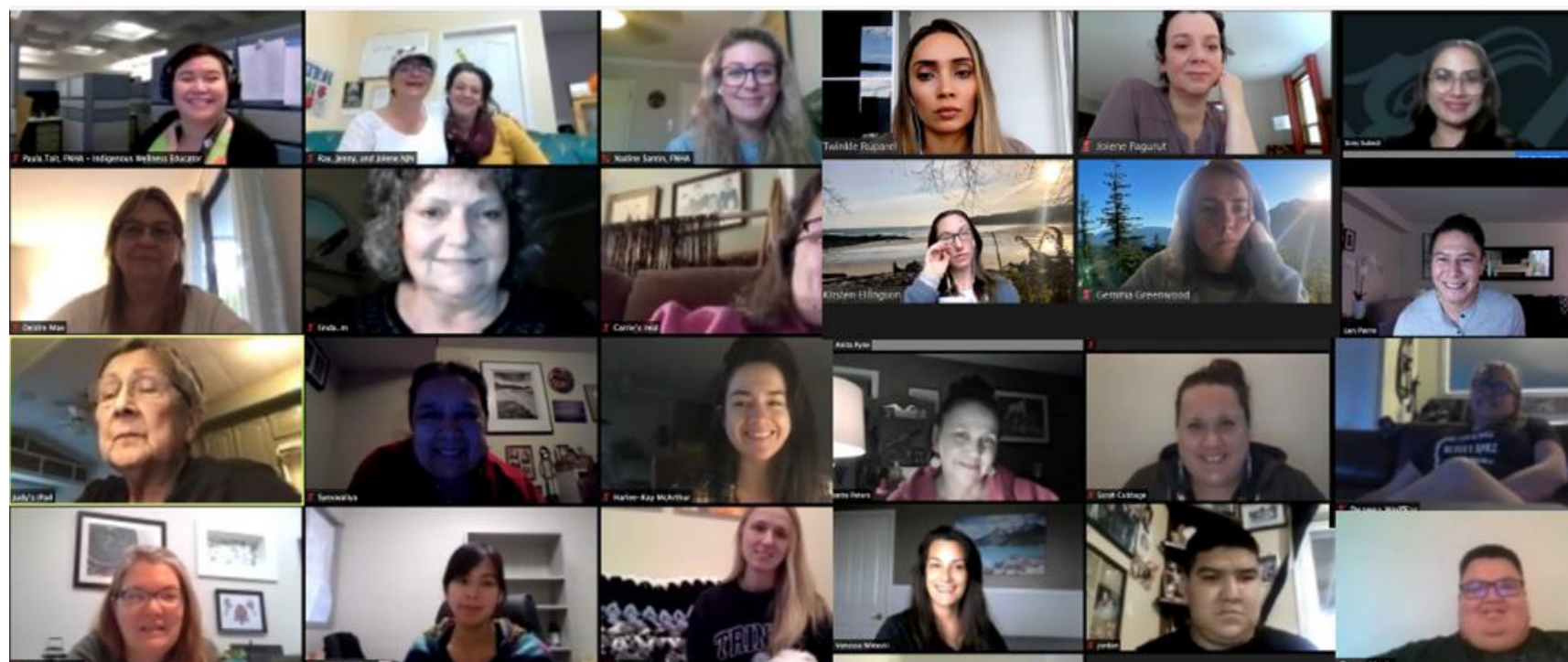




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NJN: Participant Reflections from virtual trainings

“I liked the opportunity to bring community and culture into a virtual world”.

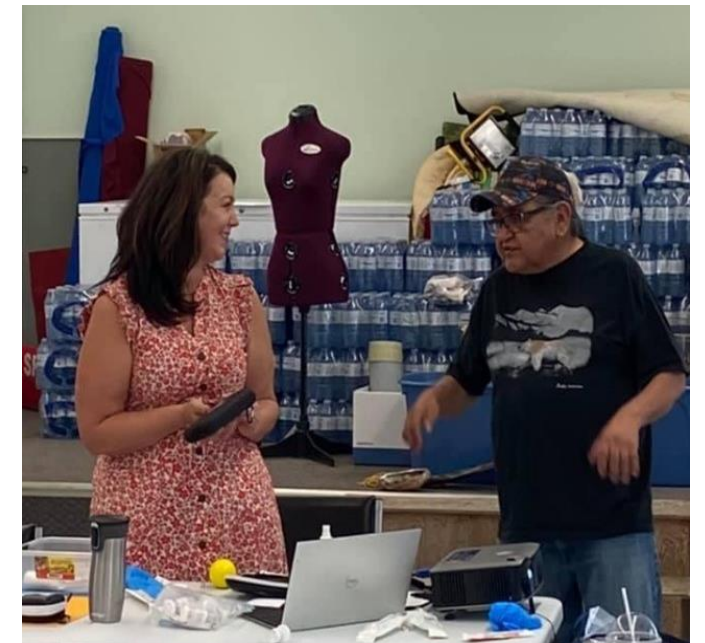


NJN: Participant Reflections from virtual and in-person trainings



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I loved all of the aspects of the training and felt that it was facilitating in a way that promoting safety, wellbeing and growth. I appreciated how all aspects of the training supported us to have language to support people in our communities who use substances in a good way. Thank you for including people with lived experience as facilitators in the training - hearing them share their knowledge and what is effective in their work was very helpful.





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NJN: Participant Reflections from virtual and in-person trainings

"I really enjoyed this training, I appreciate the concept of "decolonizing substance use" and that you add that historical perspective to current issues, making the training "more than naloxone training. ."





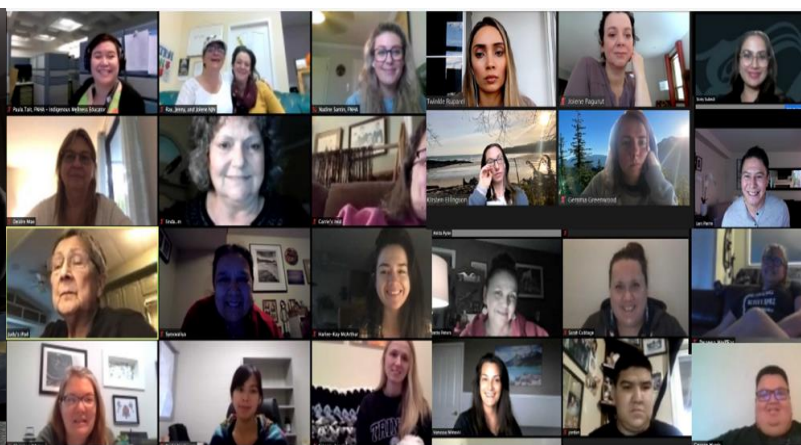
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Not Just Naloxone (NJJN) graduates and grants

- **603** virtual NJN graduates since October 2020
- **737** in-person community graduates since October 2020

Kickstarter Grants:

- **30+** grants ranging from **\$1200-\$5000** awarded graduates to host trainings in their First Nations Communities
- **How do I get a grant?**





Future of NJN

- Development of an online training to increase the accessibility of the training as well as enroll larger number of participants
- Growing NJN family and Community of Practice and Support





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Snowballs and other questions





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Where do we go from here?

What can you take back to
your communities and
organizations?





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Contact us:

njn@fnha.ca

