

A large, stylized purple ribbon graphic that loops around the top left and bottom left of the page, framing the title.

Tri-Cities Community Action Team



Team zine March 2023

Who is the TCCAT?



Multiple stakeholders coming together to support and facilitate local partnerships, coordinate programs and services, address gaps, and plan for collaborative community action around the opioid overdose crisis within the Tri-Cities.

The community action team (CAT) aims to be inclusive, diverse and have representation from first responders, community service providers, health authority, local government, and family and individuals affected by the overdose crisis. Accordingly, the CAT membership is open to anyone with a reasonable stake in the crisis. Members are to be agreed upon by TC CAT members and approved by the co-chairs.

BC Coroner's Updates

On January 31, BC Coroner's Service released their 2022 year-end data. <https://www2.gov.bc.ca/assets/gov/birth-adoption-death-marriage-and-divorce/deaths/coroners-service/statistical/illicit-drug.pdf>

The report states that in BC'

- ★ 2,272 suspected illicit drug toxicity deaths.
= 2nd largest number in a calendar year behind 2021 (2,306).
= 6 and ½ deaths per day in November and December
- ★ 70 % were between the ages of 30 – 59 and 79% were male.
- ★ 84% of deaths occurred inside
with 55% being in a private residence.
- ★ One death at an Overdose Prevention Site
- ★ 82% of deaths , fentanyl or its analogue was detected.
- ★ Extreme fentanyl concentration has ^ from 8% to 14%.
- ★ TriCities lost 53 individuals 73% private residence, 78% male.

Sign up for toxic drug alerts

Text **JOIN** to **253787**
ALERTS

Standard message rates may apply



Study: Community Urinalysis and Self-Report Project (CCSA)

Canadian Centre for Substance Use and Addiction

<https://www.ccsa.ca/urinalysis-and-self-reporting>

In BC participants in the study expected to find fentanyl in their drugs, not expecting benzodiazepines (approximately 30%)

TCCAT Recap

(2022 - last year)



Contemplating Connections; Evolution of Change. youth Ambassador mural was hung up at the Coquitlam Library on Pinetree way



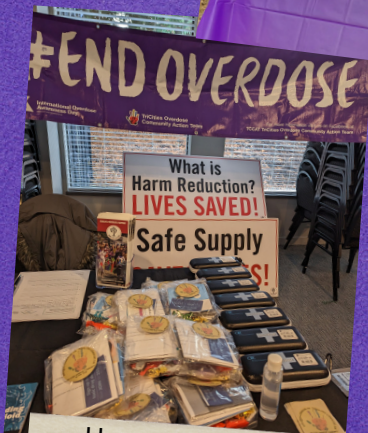
We partnered with Greg from 'Tailgate Toolkit' to target the trades industry



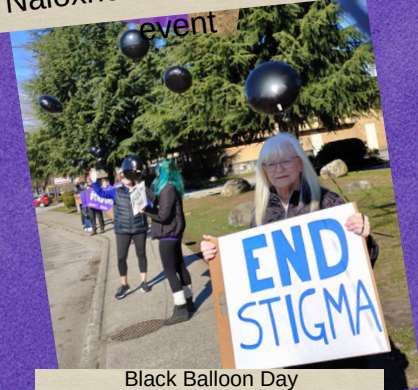
Pledging Kindness at the BC Dumping Event



Naloxhome at the IOAD event



Harm Reduction at the Community Connections Day

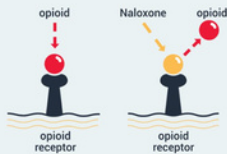


Black Balloon Day In Memorial of those lost to an overdose

Fast Facts

Did you know?

Once administered, **naloxone** travels to the brain, attaches to the receptors, and stops the effects of the **opioids**.



LIFEGUARD
DIGITAL HEALTH
Powered by AHA



89% of overdoses happen while alone.

You're not using alone when you use **Lifeguard App**.

A new way to stay safer **while using**.

Your life is in your hands with Lifeguard App. It connects directly to the ambulance service even if you or someone you know becomes unresponsive. Your privacy will be protected.

Download **Lifeguard App** today:



To learn how we're combatting the opioid crisis visit us online at lifeguardDH.com



8/10 were men



24% Employed in Construction Trades or Transport



Average age at death: 43



63% died at home in their private residence

Benzodiazepine Profile

FAMILY:

Minor Tranquilizers

MOST POPULAR:

Valium, Xanax, Serax, Tranxene

PRESCRIBED FOR:

Anxiety & Panic Seizures (convulsions) or Insomnia

TCCAT updates

(upcoming)



Suicide prevention training
With Safetalk



Peer Photography Project
Humanizing the Tri Cities



Youth pop up
education sessions



Increasing partner
Relationships in the community



Events and Advocacy
In the Community

Stakeholder Updates



First Aid for Opioid Poisoning Emergencies

- Become knowledgeable and confident in how to respond to an opioid poisoning emergency.
- Learn about opioids and how they affect the body, how naloxone works and how to administer naloxone.
- Explore risk factors of opioid poisoning, ways to reduce the influence of stigma, and gain strategies for self-care.
- Receive a free nasal naloxone kit upon completion of the course*.

Who is this course for?

Anyone 16 years of age and older who wants to learn first aid skills and knowledge to prevent, recognize and respond to an opioid poisoning emergency.

Cost: Free

Duration: 45-60 minutes, online

Free Red Cross course and Naloxone Kit
Register via: [HTTPS://www.learnfirstaid.ca/first-aid-for-opioid-poisoning-emergencies/](https://www.learnfirstaid.ca/first-aid-for-opioid-poisoning-emergencies/)

YOU ARE INVITED TO

"HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE"



Join SHARE's Youth Substance Use Services Program in a virtual presentation around supporting youth on the topic of substances and substance use.

VIRTUAL ON ZOOM

RSVP via link or QR code here:

April 19th
6:30-8:00

Or June 7th
6:30-8:00



[Link for April 19th](#)



[Link for June 7th](#)

Topics will include:

- Adolescent brain development
- Adolescence and substance use
- Adolescence and mental health
- Continuum of use and parenting at various stages
- 7 tips for your approach
- Self-Care
- Time for Q&A
- Resources for further support and learning



Visit our [website](#) for more resources

SHARE Society
Health and Wellness

Receive a NaloxHome Presentation to Inform, Educate and Empower

- Do you know what the signs of an overdose look like?
- Where to get naloxone?
- How to use naloxone?
- What to do if a loved one discloses their substance use to you?

Book a FREE presentation
www.naloxhome.com

Stakeholder Updates



HAVE YOU LOST A LOVED ONE TO SUBSTANCE USE RELATED HARMS?

JOIN A SAFE, WELCOMING AND STIGMA FREE SUPPORT GROUP WHERE YOU CAN SHARE YOUR GRIEF JOURNEY WITH OTHERS WHO UNDERSTAND.

MOMS STOP THE HARM OFFERS HEALING HEARTS BEREAVEMENT SUPPORT

Healing Hearts is a free peer facilitated bereavement support group for individuals, families and friends who have lost loved ones to help them cope with the journey from grief to healing. Healing Hearts can help support individuals in feeling less isolated as you meet other individuals who have experienced a similar loss.

For inquiries and registration, please email: healingheartstricities@gmail.com

healingheartscanada.org
Offered by momsstoptheharm.ca



Mom's Stop the Harm
Healing Hearts



Just added!

Conversation and Connection Sessions at the Coquitlam Library - April 12

 VoiceStory Following

 **Wednesday, April 12**
6:30 PM - 8:00 PM PDT

 **Coquitlam Public Library, City Centre Branch**
1169 Pinetree Way, Coquitlam, BC V3B 0Y1

 Free

Voice Story is coming to the Tri Cities. 6 sessions upcoming - register on Eventbrite



TAILGATE TOOLKIT

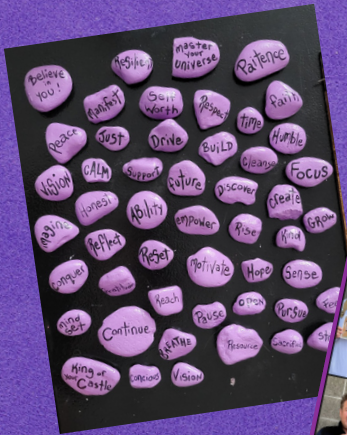
VICA Vancouver Island Construction Association
WWW.TAILGATETOOLKIT.CA

TOOLBOX TALKS	SUPERVISOR TRAINING	REGIONAL RESOURCES	HAMMERTIME
			

Tailgate Toolkit
Book a session
www.tailgatetoolkit.ca

Creative Expression

Submit your artwork (of any medium) to info@tri-citiescat.ca



Events

For more details or how to volunteer,
Please contact info@tri-citiescat.ca

March 6th Black Balloon Day

A Black Balloon for the lives lost from the toxic drug supply. We stand together In Memorial.

@BlackBalloonCampaign

June 12 th - 18 th Men's Mental Health Week

Pop up art show and events to highlight mens mental health

August International Overdose Awareness Day

August 25 - Port Coquitlam
August 26 - Blue MTN Park
August 27 - Pioneer Memorial Park
August 31 - The official date

April 14 th 7 year anniversary of the Opioid crisis being declared

Join the TCCAT in lining the streets of Port Moody, Coquitlam and Port Coquitlam with Purple Flags.

Other Community Events

April 21 - Voice Story (Evergreen Cultural)
June 24 - MSTH - Day of action @ Starbucks
June 18 - MSTH -Marathon for safe supply
July 8 - Low Entropy - Multicultural Connections

and more...

Join our team today or
Follow us on socials to stay up to date

 TriCitiesCAT

We want to hear your voice!

Tri-Cities Community Action Team



Collaborative community action
and education around substance
use within the Tri-Cities.

Contact:

Info@tri-citiescat.ca
www.Tri-CitiesCat.ca

If you would like to join the TCCAT as a stakeholder, to volunteer
If you have creative Expressions you would like to share
(Art of all sorts - paintings, poetry, crafts, photos, etc)
And we will feature them in our next zone!. If you have stories
To share, if you have ideas to make a difference in your
Community. We want to hear from you.. For it takes a community!

#itTakesAcommunity



End