

A purple ribbon graphic is positioned on the left side of the page, extending from the top and curving downwards. The text is centered to the right of the ribbon.

# Tri-Cities Community Action Team



Team zine June 2023

# Who is the TC CAT?



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, and diverse and have representation from first responders, community service providers, health authorities, local government, families, 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

March 2023, there have been 596 lives lost to the toxic drug supply.

In BC 77% were male v. Tri-Cities 93% male  
In BC, 84% of deaths occurred inside

(47% in private residences and 36% in other residences which includes social/supportive housing, SROs, shelters, hotels, and other indoor locations.)

In Tri-Cities, 100% of deaths occurred inside (85% in private residences)

Sign up for  
toxic drug alerts

Text JOIN to 253787  
ALERTS

Standard message rates may apply



## Article Highlight:

Criminalization causes the stigma:

Perspectives of People who use drugs

<https://journals.sagepub.com/doi/epub/10.1177/00914509231179226>

# TO CAT Recap



**March 6th, Black Balloon Day**  
International Day for families and loved ones to remember and celebrate the lives lost to overdose.



**Supporting 'VoiceStory'**  
Sharing experiences and making connections within the Tri-Cities  
[www.VoiceStory.ca](http://www.VoiceStory.ca)



**Low Entropy - Community Market**  
Breaking down stigma through interactive education, and sharing community resources



**April 14th, 2016**  
Lining the streets with purple flags.  
1 for every 100 lives lost -  
PoCo --> Coq --> PoMo -



**Living Works - Safe Talk**  
Leadership team skill building on Friday night. Hosted by Tessa and Ashna of Living Works



**May Day Parade**  
Promoting Harm Reduction on a sliding scale. Everyone's journey will be different from the next

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



**June 10th - June 27th**  
ACCESS Youth Art Journaling  
and TC CAT Peer Photo Project  
**The Outlet - Port Coquitlam**  
"A Day in the Life Of..."  
Photo Project: "Day in the Life Of..."  
The goal is to break down stigmas and humanize  
x  
After-school Art Journaling - Student canvases  
Goal: To share a message about what they learned  
or how the crisis has effected them or loved ones

**June 13th - Men's Mental Health Day**  
Successfully handed out  
65 goody bags:  
Something Sweet, something salty,  
something grounding, something  
silly, something warm,  
something helpful and something  
inspiring.  
Recognizing the men in our community



**June 18th, Marathon a Day for Safer Supply with Jessica Michealofsky**  
Jessica lost her son, Aubrey,  
in August 2022,  
from contaminated street drugs.  
As an expression of her grief, Jessica  
has run over 900 km around the  
Ministry of Health in Victoria. In May -  
June, Jessica ran across Southern BC

<https://www.facebook.com/jessica.michalofsky>

# TC CAT Upcoming



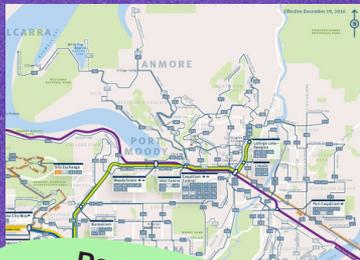
Peer Photography Project  
Humanizing the Tri Cities



Increasing partner  
Relationships in the community



Creating access to  
harm reduction supplies



Partaking in multiple  
events across the Tri-Cities

## Love in the Time of Fentanyl

Thursday, July 27 | 5:00 – 8:00 pm  
City Centre Branch | Rooms 136 & 137

Set in Vancouver's Downtown Eastside, *Love in the Time of Fentanyl* follows the staff and volunteers of the Overdose Prevention Society—a renegade supervised drug consumption site that employs active and former drug users who do whatever it takes to save lives and give hope to a deeply marginalized community.

This documentary is an intimate look beyond the stigma of injection drug users, revealing the courage of those facing terrible tragedy as the opioid crisis rages.

The film will be followed by a question and answer period with people with lived experiences.

Please note that this film has sensitive content. For those participants experiencing discomfort at the topic, counsellors will be present and resources will be available to take home.

In partnership with the So-Cities Action Team.

Registration: [coquitlam.libnet.info/event/9547357](https://coquitlam.libnet.info/event/9547357) or scan the QR code.



# IOAD series



## TRI CITIES COMMUNITY ACTION TEAM AND BRAID ST STUDIOS PRESENT: INTERNATIONAL OVERDOSE AWARENESS DAY

### BRINGING COMMUNITY TOGETHER WITH ART AND RESOURCES



#### August 25th

Location: TBA (Port Coquitlam)  
Time: 5 pm - 8 pm  
kicking off the IOAD series  
service providers, music, art and interactive  
education around substance use and mental  
health.

#### August 26th

Location: Blue Mountain Park, Coquitlam  
Time: 11 am - 4 pm

service providers, music, art and interactive  
education around substance use and mental  
health.

#### August 27th

Location: Pioneer Memorial Park (Port Moody)  
Time: 11 am - 4 pm

service providers, music, art and interactive  
education around substance use and mental  
health.



BRAID ST  
STUDIOS

#### CONTACT US

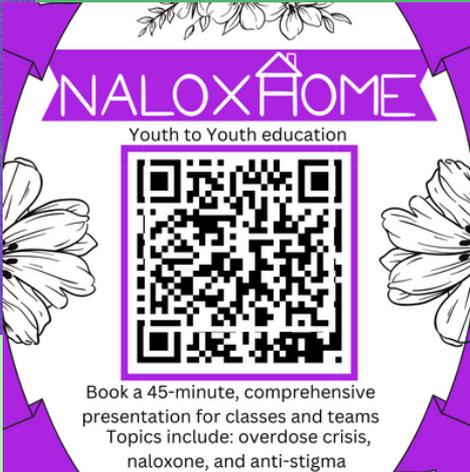
[HTTPS://100BRAIDSTSTUDIOS.COM/](https://100BRAIDSTSTUDIOS.COM/)  
[braidststudios@gmail.com](mailto:braidststudios@gmail.com)



#### CONTACT US

[WWW.TRI-CITESCAT.CA](http://WWW.TRI-CITESCAT.CA)  
[Info@Tri-CitiesCAT.ca](mailto:Info@Tri-CitiesCAT.ca)

# Education


  
**NALOXONE**
  
 Youth to Youth education



Book a 45-minute, comprehensive presentation for classes and teams  
 Topics include: overdose crisis, naloxone, and anti-stigma




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](http://lifeguardDH.com)

## Purpose

SOCETY

### Mobile Outreach Van

New Westminster, Burnaby, Tri-Cities, Maple Ridge

- Harm reduction supplies for safer sex, injection, inhalation and snorting
- Sharps disposal
- Take Home Naloxone kits and training
- Drug checking (fentanyl test strips)
- Hygiene supplies
- Referrals to community resources
- Emergency snacks
- To report a "bad date" or obtain a warning sheet of dangerous "Johns."

Monday to Sunday, seven days a week

(604)-351-1885

## First Aid for Opioid Poisoning Emergencies



Brought to you by the Canadian Red Cross

# Resource Highlight



**NATIONAL OVERDOSE RESPONSE SERVICE**

**PLEASE DON'T  
DO COKE IN  
THE BATHROOM,  
ALONE**

**Take NORS With You.**

**CONFIDENTIAL. 24/7 VIRTUAL SAFE CONSUMPTION HOTLINE.  
CANADA WIDE.**

**1-888-688-6677** [www.nors.ca](http://www.nors.ca)

**YOUR OVERDOSE PREVENTION  
HOTLINE!**

**WE PROVIDE LOVING, ANONYMOUS,  
NON-JUDGEMENTAL SUPPORT FOR  
YOU  
WHENEVER AND WHEREVER YOU USE  
DRUGS. 24/7.**



Have questions?  
Email us @  
[weloveyou@nors.ca](mailto:weloveyou@nors.ca)

THESE MATERIALS ARE FUNDED BY A CONTRIBUTION FROM HEALTH CANADA'S SUBSTANCE USE AND ADDICTIONS PROGRAM (SUAP). THE VIEWS EXPRESSED HEREIN DO NOT NECESSARILY REPRESENT THE VIEWS OF HEALTH CANADA.

An overdose prevention hotline for Canadians providing loving, confidential, nonjudgemental support for you, whenever and wherever you use drugs.

Also if you are concerned about a loved one or having a bad trip

Call or TEXT (Canada) - 1-888-688-NORS(6677)



## 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](mailto:healingheartstricities@gmail.com)**

[healingheartscanada.org](http://healingheartscanada.org)  
Offered by [momsstoptheharm.ca](http://momsstoptheharm.ca)



# Stakeholder Updates

OPIOID ADDICTION TREATMENT

[bit.ly/3XsRfki](https://bit.ly/3XsRfki)

## How Society Can Benefit From Providing Free Opioid Addiction Treatment

Smart governments are using evidence-based research to reduce opioid-related deaths



Gill McCulloch · Follow

Published in ILLUMINATION · 7 min read · 6 days ago

**DOCUMENTARY:**  
**KIMMAPIIYIPITSSINI**  
*The Meaning of Empathy*



AN INTIMATE PORTRAIT OF SURVIVAL, LOVE AND THE COLLECTIVE WORK OF HEALING IN THE KAINAI FIRST NATION IN SOUTHERN ALBERTA, A BLACKFOOT COMMUNITY FACING THE IMPACTS OF SUBSTANCE USE AND A DRUG-POISONING EPIDEMIC.

## Access Youth Services

Project Reach Out is back!



Friday Nights - 7- midnight

For Youth: food, clothing, winter gear, blankets, sexual health supplies, harm reduction supplies including Naloxone, personal hygiene supplies, and more. PRO also provides sexual health and drug education, counseling support, conflict resolution, referrals, and anything else that our team of Outreach Youth Workers can support our youth with. This bus is LGBTQ2S+ friendly and operates with a harm reduction approach. Meeting youth where they are at is what we do best.

**#FollowThatBus**



# We want to hear your voice!

## Tri-Cities Community Action Team

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

### Contact:

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[Info@tri-citiescat.ca](mailto:Info@tri-citiescat.ca)  
[www.Tri-CitiesCat.ca](http://www.Tri-CitiesCat.ca)

If you would like to join the TC CAT as a stakeholder, to volunteer  
If you have creative Expressions you would like to share  
(Art of all sorts - paintings, poetry, crafts, photos, etc)  
If you have stories to share, if you have ideas to  
make a difference in your community.  
We want to hear from you. Reach out and create a ripple.

# #itTakesAcommunity



End