

OVERDOSE PREVENTION STRATEGIES OFFERED IN VANCOUVER COASTAL HEALTH (VCH):

NALOXONE

[Take Home Naloxone \(THN\)](#): British Columbia (BC) program to provide THN kits and training to individuals to prevent, recognize and respond to overdoses.

[Nasal naloxone](#): Available through pharmacies, a covered benefit through First Nations Health Benefits (FNHB)/ Non-insured Health Benefits (NIHB). Bulk orders available for Indigenous agencies through First Nations Health Authority (FNHA) regional office.

[Facility Overdose Response Box \(FORB\)](#): Naloxone available free for community-based organizations to prevent, recognize and respond to overdoses. The FORB box is for staff to use and is usually kept in a staff area (e.g. behind a desk).

[Overdose Response Box \(ORB\)](#): Designated unlocked box stocked with THN kit for anyone to take anonymously if needed. This strategy is intended to be an emergency response and can be used by the public. Organizations that have ORBs should also have other easy access ways for people to get a THN kit through staff.

WITNESSED CONSUMPTION

[Episodic Overdose Prevention Site \(e-OPS\)](#): On-demand service for witnessing substance use at health or social service sites. Requires trained staff, THN, FORB kit, phone and a space that can be used for clients to use substances when needed (e.g., clinic room, desk, table & chair, hospital room). The e-OPS is staffed by peers or other trained staff, embedded as part of other service delivery. Best suited for lower-volume sites e.g. Western Aboriginal Harm Reduction Society ([WAHRS](#)).

Overdose Response Apps: These online/ phone apps monitor people using alone via their phones, and send help if they stop responding. [Lifeguard App](#) connects directly to BC Ambulance, [Brave](#) and [National Overdose Response Line \(NORS\)](#) are peer-led.

[Overdose Prevention Site \(OPS\)](#): Fixed public sites for consumption of illicit drugs. OPS were started by community activists, and since November 2016 are sanctioned and funded under the BC Overdose Public Health Emergency. OPS are staffed by peers and lay staff. All OPS are unique; some offer outdoor smoking areas (Overdose Prevention Society), and some offer opioid substitution (Molson OPS).

[Mobile OPS](#): The Vancouver mobile OPS is a van that parks at pre-determined locations at set hours. See [OPS map](#) for hours/ locations.

[Housing overdose prevention site \(HOPS\)](#): OPS set up within housing. HOPS are for residents of the building and their guests (guest admittance varies site to site). HOPS are staffed by support workers or peers, and are sometimes monitored by camera.

[Supervised Consumption Site \(SCS\)](#): Permanent site for clients to self-administer their own illicit substances. Staffed with nurses, support workers and peers Operates under federal exemption from controlled drugs act. May offer additional clinical care, referrals, opioid agonist therapies. Some offer the ability for supervised smoking of substances as well as injection and snorting. SCS in Vancouver are [Insite](#) Powell Street Getaway and Hope to Health.

DRUG CHECKING

[On-site test strips](#): Can test for the presence of fentanyl, [benzodiazepines](#) (sleeping pills) and other substances in illicit drugs. Available at OPS, SCS, [Get Your Drugs Tested](#), and community health centres.

[Take home Fentanyl test strips](#): Clients can be trained and can then take these strips home to test their drugs for fentanyl.

[Spectrometer testing](#): Can detect exact make-up of illicit substances including strength. See link for available times.

OVERDOSE PREVENTION STRATEGIES IN VCH CONT'D

HARM REDUCTION SUPPLIES

Harm reduction supplies: safer smoking, injection, and overdose response supplies distributed free to people who use substances to prevent infection and other harms. Find a site or enroll as a distribution site at www.towardtheheart.com

EDUCATION AND TRAINING

Login to [LearningHub](#) to register for courses on [Resisting Stigma](#), [Distributing Naloxone](#), [Drug checking](#), [Substance Use and Addiction Care](#) and more.

[VCH Overdose Response](#) offers [in person](#) training on naloxone; overdose prevention, recognition & response; advanced overdose response; harm reduction; substance use and addiction care, peer facilitation, and more.

Robert and Lily Lee CHC offers [monthly Naloxone trainings](#) and online and in person led by people with lived experience of substance use.

The Street Degree offers biweekly courses for peers (people with lived experience) and other frontline workers on a variety of harm reduction topics. Email: overdoseresponse@vch.ca to register.

[VCH Overdose Community of Practice](#): An online community and weekly conference call for frontline workers in the VCH region who work with people who are at risk of overdosing.

CLINICAL CARE

[Overdose Outreach Team](#): Social workers, outreach workers and peers support specialists connect people at risk for overdose to substance use care and support. Serving Powell River, Whistler, Pemberton, North Shore. Anyone can refer and people can self refer.

[Opioid Addiction Treatment \(OAT\)](#): Substitution therapy including Suboxone, Methadose, Slow-Release Oral Morphine, Injectable Opioid Treatments. Helps clients reduce or stop illicit opioid use, manage withdrawal and cravings, prevent relapse and overdose, focus on other life goals. Available through [FNHA](#) and [other clinics](#).

[Overdose Prevention Safety Planning](#): Guide for health workers to discuss [overdose safety](#) with clients.

[Risk Mitigation](#): Guideline for prescribers to provide clients who use substances with safer alternatives to street drugs.

POLICIES/ PROCEDURES

Harm reduction policies: Guidance for taking a harm reduction lens to all services e.g., [VCH](#), [FNHA](#)

[Overdose Prevention Checklist](#): To guide service providers developing protocols and policies for overdose prevention recognition and response.

[Safer Washroom Strategy](#): For service providers developing protocols to prevent or respond quickly to overdose fatalities in washrooms.

NOTES ABOUT THIS RESOURCE

This was created by the [Overdose Emergency Response Team](#) at Vancouver Coastal Health.

We hope this list can give your community or organization some starting points for preventing and responding to the toxic drug crisis.

CONTACT US FOR SUPPORT! OVERDOSERESPONSE@VCH.CA

In the online version of this document, all underlined text is a link to more information. For the online version, go to http://www.vch.ca/Documents/Overdose_Prevention_Strategies.pdf