

## Cowichan Community Action Team

### Priority Actions and Goals 2019

Goal 1: To Improve the health and wellbeing of individuals who use drugs by enhancing the Peer Engagement Project

Actions:

- a. Maintain hours and capacity of peer facilitator
- b. FNHA Peer Grant to work with FN peers to determine what would work for them.
- c. Funding and training to support peer employment
  - a. Sharps team
  - b. Support at OPS
  - c. Naloxone training and harm reduction
  - d. Neighbourhood clean up and guardians
- d. Primary Care leaders and staff to engage in planning re access/stigma
- e. Elder to work with First Nations peers to enhance connection to culture and teachings
- f. Organizations able to take on peer projects to expand scope- working with community partners to explore options for roles for peers within their organizations and programs
- g. Providing access to daytime drop in space with support staff

Goal 2: To increase educational opportunities for peers, frontline workers and community

Actions:

- a. Small Group Naloxone Training for all front-line staff and community agencies via peer network
- b. Provide workshops on harm reduction for community (Series of 3)
- c. Increasing training on trauma informed practice
- d. Increasing training on Mental Illness and best practices for response
- e. Distribution of Survival Guide- in progress
- f. Community Agency Resource Guide-in progress
- g. Sharps collection not being dangerous- how to pick up safely. Including many strategies such as
  - a. Via initial contact of individuals reporting sharps
  - b. Via face to face work with local business
  - c. Barefoot in the park
  - d. Via all forums, events and dialogues with community
- h. Learning more about brain injury- providers/ people with lived experience

Goal 3: To reduce the number of individuals who are using alone

Actions:

- a. Explore means to connect to trades, industry and business
- b. Explore innovation and projects such as the Saint Paul's to follow through with individuals after attending the ED or Ambulance
- c. Emergency Dept Suboxone

- d. Explore options to support individuals with transportation challenges including:
  - a. Providing transportation subsidies/ bus passes
  - b. Enhancing peer driving program

#### Goal 4: Advocate for the Creation of Cowichan Treatment and Recovery Programs

##### Actions:

- a. The establishment of a Daytox program in Cowichan
- b. Community Programs in rural areas
- c. Safe Places for People in Recovery to go away from individuals who may be using
- d. Connection to traditional and cultural teachings
- e. Increased sobering support for individuals with more complex needs as a result of the kind of substance consumed such as crystal meth. This includes linking those connected with RCMP to care more appropriate than being placed in a cell
- f. Enhancement of OAT therapy:
  - i. Increased number of prescribers through Boost Program
  - ii. Improved access and relationships with pharmacy
  - iii. Wrap around supports for those accessing OAT to encourage them to stay on treatment regime
  - iv. Improved transportation for those accessing OAT
  - v. Starting OAT in the Emergency Department following an overdose
  - vi. Enhancing training for first responders to connect to OAT prescribers following an overdose or emergency call
  - vii. Increased awareness of OAT at OPS

#### Goal 5: To address stigma through a communications strategy

##### Actions:

- a. Established factual shared messages that can be distributed via all CAT partners and organizations in their communications. All community partners share the same messaging
- b. Community Forums and events such as harm reduction mentioned in Goal 2
- c. Education working with peers, families, community agencies and local governments to ensure factual information is being distributed
- d. Social Media response with concise and factual information Develop Key messages to distribute to community
- e. Develop communication protocol for within CAT
- f. Establish Processes to communicate to CAT
- g. includes a point person from the key organizations, shared messaging and the ability to meet for specific tasks.
- h. To work with Black Press
- i. To convey positive stories and reduce the number of stigmatizing photos
- j. To improve the headlines so they become more positive
- k. To address social media

## Goal 6: To engage with youth with a focus on prevention

### Action:

1. Prevention- working in schools re: vaping, Xanax, Cannabis and stigma. To include peer component
2. Identifying Youth at Risk through community partners, youth outreach, RCMP and families
3. Supporting Youth who are currently using substances with enhanced efforts from wrap around services
  - a. Working with Housing First 4 Youth team in their efforts to establish youth shelter and wrap around services