True or False

Only illegal substances are harmful

First Nations Health Authority
Health through wellness

False

All substances, including over-the-counter medications, can be harmful. However, some have higher level of risk than others.

True or False

Talk To Someone

Potential harms of substance use include physical, financial, and stigma-related harms

First Nations Health Authority
Health through wellness

True

Substance use can negative affect people in many ways. While physical health and financial impacts are often most recognized stigma can also cause significant harms. This includes difficulty accessing housing, strained personal relationships, and increased social isolation.

True or False

A child-seat installed in a car is an example of harm reduction

First Nations Health Authority
Health through wellness

True

Harm reduction is an approach that tries to reduce the negative consequences, health impacts and deaths that can come with using everyday things – including substances.

True or False

WOA

Using alone is a good way of staying private about your substance use

First Nations Health Authority
Health through wellness

False

Never use substances alone.

If you experience a toxic drug poisoning, having someone with you can help save your life.

True or False

With Open Arms

Carrying naloxone encourages substance use

First Nations Health Authority
Health through wellness

False

Toxic drug poisonings can happen anywhere.
Carrying naloxone and knowing how to use it saves lives.

True or False

Talk To Someone

After Naloxone, you should wait before using substances again

First Nations Health Authority
Health through wellness

True

After a toxic drug poisoning, your risk of another poisoning is higher. If naloxone was used, wait at least 30 to 90 minutes before using again, as naloxone may still be active in your body.

True or False

Culture is seen as harm reduction

First Nations Health Authority
Health through wellness

True

Culture can be an important source of strength and resilience no matter where you are in your relationship with substances, whether you do not use substances or are trying to reduce your use.

True or False

Talk To Someone

Drug checking may not detect some substances

First Nations Health Authority
Health through wellness

True

Drug checking can miss low levels of a substance, cutting agents or new substances that are not yet in the databases. It also cannot guarantee that a substance is completely free of other substances.

True or False

WOA

Drug poisoning is when someone is affected by substances that have rat poison in them

First Nations Health Authority
Health through wellness

With Open Arms

False

Drug poisoning occurs when a substance is contaminated with fentanyl, carfentanil, or benzodiazepines. The body cannot handle the toxicity that these cause.

True or False

WOA

There is no way for us to know if there are toxic substances in our community

First Nations Health Authority
Health through wellness

False

Drug alerts are free, real-time messaging service for anyone wishing to receive toxic drug alerts. To sign up, text the word JOIN to 253787 (ALERTS) or visit towardtheheart.com/alerts.

True or False

Talk To Someone

You should talk to a health care provider before trying to quit using a substance

First Nations Health Authority
Health through wellness

True

Attempting to quit using substances like alcohol, opioids, and benzodiazepines without support from a health care provider can be dangerous or even life threatening.

True or False

With Open Arms

Police will arrest you if you have responded to a toxic drug event when have substances on you

First Nations Health Authority
Health through wellness

With Open Arms

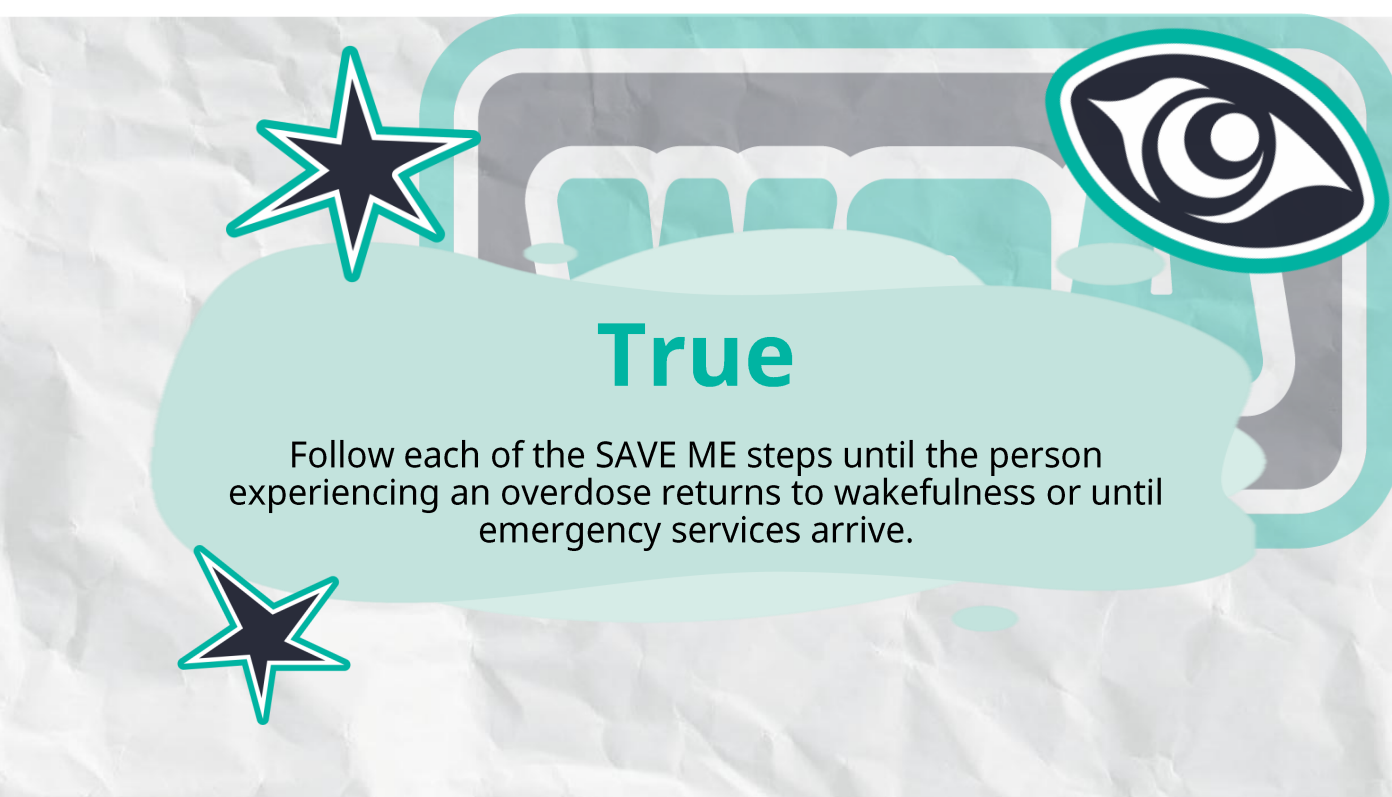
False

The Good Samaritan Drug Overdose Act protects people who are responding to a toxic drug event and are carrying substances for personal use. The police will only arrest someone if they have an outstanding warrant.

True or False

SAVE ME steps provide guidance on how to respond to an opioid overdose

First Nations Health Authority
Health through wellness



True

Follow each of the SAVE ME steps until the person experiencing an overdose returns to wakefulness or until emergency services arrive.

True or False

With Open Arms

Naloxone and Narcan are two different medications

First Nations Health Authority
Health through wellness

False

Naloxone is also known as Narcan, and it’s a medication that reverses the effects of an overdose from opioids such as heroin, methadone, fentanyl, and morphine.

True or False

A community can contact FNHA to receive naloxone training

First Nations Health Authority
Health through wellness

True

Communities can contact FNHA to receive free naloxone kits. FNHA regional harm reduction educators can also provide training on using naloxone.

True or False

Naloxone is only administered through injection

First Nations Health Authority
Health through wellness

False

Nasal naloxone is available and is sprayed into the nose.
It is more concentrated than injectable naloxone.
One nasal spray is equivalent to 10 injections.

True or False

Stigma, fear, and misinformation often prevent people from seeking help

First Nations Health Authority
Health through wellness

True

Stigma, fear, and misinformation prevent individuals from seeking help, accessing harm reduction or sharing their experiences around substance use.

True or False

With Open Arms

Change in a person's behaviour is a normal thing

First Nations Health Authority
Health through wellness

Talk To Someone

False

It is normal to be concerned when someone’s behavior changes. Changes in behavior can happen for many reasons including mental health, stress, or struggle with their relationship with substances.

True or False

Check in with your friend if you notice a shift in their substance use

True

Some shifts can be riskier than others. For example, binge drinking, taking more substances than before, using more frequently, using alone.

True or False

Setting health boundaries make it harder to maintain to a good relationship

First Nations Health Authority
Health through wellness

False

We don’t have to accept unkind or dangerous behaviours when friends are using substances. It’s important to set boundaries to keep ourselves safe and make sure that our friends’ substance use isn’t putting us in dangerous situations.

True or False

Prepare your message when deciding to have difficult conversations with loved ones or friends

First Nations Health Authority
Health through wellness

True

Think about what you want to talk about before you start the conversation. Write things down and organize your thoughts. Practice what you want to say if you are feeling nervous or uncomfortable.

True or False

Give the person a deadline when having conversations around substance use with them

With Open Arms

False

Be patient. Don’t push the conversation on someone who isn’t ready. Trying to force or shame someone into doing what we want isn’t the most effective way to support them.

True or False

Expect different reactions after substance use conversations

WOA

First Nations Health Authority
Health through wellness

True

Your friend might not respond the way you think they will. Conversations about substance use can stir up emotions. Your friend may feel relieved and grateful, neutral and unfazed, or aggravated and defensive.

True or False

Insist on discussing your friend’s substance use with them

First Nations Health Authority
Health through wellness

False

Honour boundaries and autonomy. Respect your friend's right to privacy and autonomy to make their own decisions. They may not want to be rushed or may want to proceed on their journey at their own pace.

True or False

Be mindful of your body language when having difficult conversations

True

Attitudes, emotions and intentions can be revealed through body language. Maintain a relaxed and open posture – for example, face your friend, unfold your arms, uncross your legs, and turn your body towards them.

True or False

Talk To Someone

Use authoritative language when discussing your friend's substance use with them

First Nations Health Authority
Health through wellness

False

Be mindful of your tone and language you use. Avoid blaming or being judgmental. These types of questions usually start with “why” – for example, “why can’t you…”; “why won’t you…”

True or False

Avoid using stigmatizing language when discussing your friend's substance use with them

First Nations Health Authority
Health through wellness

With Open Arms

WOA

True

Stigma is often used to look down on and shame people who use substances. Slang terms like druggie, junkie, drug abuser, addict, pothead, crackhead can be offensive and should be avoided.

True or False

Since you know your loved one and friends best, you are in the best position to diagnose them

First Nations Health Authority
Health through wellness

False

Avoid making assumptions or diagnosing. You might not have all the facts or there might be information to consider that your friend hasn't told you yet. Approach the conversation with curiosity instead of blame or accusations.

Talk To Someone

True or False

Leave the door open after a difficult conversation

First Nations Health Authority
Health through wellness

Talk To Someone

True

Let your friends or loved ones know that you are there for them if they ever want to continue the conversation.

True or False

Since you know your loved one and friends best, you are in the best position to critique them

First Nations Health Authority
Health through wellness

False

Try not to be critical of them. People are often hard on themselves when they are dealing with substance use challenges. They may think others feel the same way. Instead, find times when you can point out their courage and successes.

True or False

Practice patience with people who use substances

First Nations Health Authority
Health through wellness

True

Although it’s possible, cutting down or stopping substance use can be hard. Let your friend set the pace and support them on their journey.

True or False

A friend in active addiction does not need autonomy

First Nations Health Authority
Health through wellness

False

Don’t shame or criticize them if you don’t notice a change in their behaviour. Respect their autonomy. Although you might believe you know what the best course of action is, their decisions are ultimately their own.

True or False

Practice self-care after difficult conversations

First Nations Health Authority
Health through wellness

True

Having these conversations can be difficult. By practicing self-care, you can help manage your own emotions, stay balanced and able to support your friend.

True or False

We can still be there for our friends and loved ones even when our own cup is empty

First Nations Health Authority
Health through wellness

False

You cannot pour from an empty cup. Take intentional steps to give your mind, body and spirit what they need to relax and be happy.

True or False

Find strength through culture

Talk To Someone

First Nations Health Authority
Health through wellness

True

Leaning into culture can provide comfort and connection for many during uncertain or lonely times. You might spend time out on the land, seek out the guidance of an Elder or Knowledge Keeper, or participate in ceremony.

True or False

You are letting your friend down if you engage a safe person when you feel like you need support

First Nations Health Authority
Health through wellness

False

It’s important to remember that you are doing your best to help your friend and that you are looking for help because you care about them and want them to be safe and healthy.

True or False

A safe person can be anyone in your life

Talk To Someone

First Nations Health Authority
Health through wellness

True

A safe person is identified by how they treat others around them. They are respectful, non-judgmental, trustworthy, helpful, thoughtful, and unselfish.

True or False

Don’t seek help from adults when things get too big for you

First Nations Health Authority
Health through wellness

False

If you are worried about sharing, you can start out sharing only what you choose to, while you build a trusting relationship where you feel you can share more.

True or False

Changing your relationship with substances is a personal journey that varies for everyone

First Nations Health Authority
Health through wellness

With Open Arms

WOA

True

Some find peer support helpful, while others benefit from counselling, detox programs or treatment. Your unique strengths and challenges will shape your path forward.

True or False

Abstinence is the only path to healing

First Nations Health Authority
Health through wellness

False

What each person needs to support their wellness can look different. On our healing journey we may choose to use one or many different paths at different times.