




Circle Of Eagles Lodge Society

**Prevention Education  
Harm Reduction  
Resource**





This booklet is dedicated to  
all the Brothers and Sisters we have lost  
to this opioid epidemic

Gone but never forgotten

Aaron Brass  
Richard Louis

# Table of Contents

<b>Acknowledgements</b>	<b>3</b>
<b>What is the purpose of this book?</b>	<b>3</b>
<b>Prevention</b>	<b>4</b>
<b>COELS Camp Potlatch</b>	<b>5</b>
<b>COELS Basic Rules</b>	<b>6</b>
<b>How to use Naloxone</b>	<b>7</b>
<b>Signs of an overdose</b>	<b>8</b>
<b>Hepatitis C poster</b>	<b>9</b>
<b>H.I.V. (Human Immunodeficiency Virus)</b>	<b>10</b>
<b>Cultural Nights</b>	<b>11</b>
<b>Good Samaritan Act</b>	<b>12</b>
<b>Indigenous and homelessness</b>	<b>12</b>
<b>Directory</b>	<b>13</b>
<b>Seven Sacred Teachings</b>	<b>15</b>

## Acknowledgements

We wish to thank our funders: First Nations Health Authority, Our partners, Corrections Services Canada, Canadian Aboriginal AIDS Network, Metro Vancouver Aboriginal Executive Council, and the Brothers who contributed to this project.

## What is the purpose of this book?

Drug overdose is the leading cause of death for individuals recently released from prison. More than 17,000 of those that are released from BC Corrections every year. Approximately 30% of BC Corrections inmates are diagnosed with a substance use disorder.

The purpose of this booklet is to provide you with some tools that can help you make a safe decision. We do not encourage the use of any illegal substance but if you do make that choice please take some steps to assure your safety and your life. You matter!

*When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice. – Cherokee*

## Prevention

- Avoid mixing drugs. Your risk of overdose goes up if you mix opioids with, sleeping.
- Pills or anxiety pills, other opioids, or many prescription medications.
- Don't use opioids alone or in an unfamiliar setting.
- If you're using opioids after a period of cutting down or not using, be sure to start low and go slow. After even a few days without using, a dose that might once have been fine could kill you.
- If you switch to a stronger opioid, use less and do a test dose.
- Remember that the risk of overdose goes up when you increase or change the opioid dose or use a new supply.
- Institution drugs versus street drugs: Drugs in the institution can possibly be stronger than street drugs due to being less "stepped" on. Be safe never use alone.

# COELS Camp Potlatch



Each year Circle of Eagles Lodge Society hosts the Tsetusem Cultural Journey which takes place at Camp Potlatch. Camp Potlatch overlooks the Howe Sound, known to the Squamish First Nation as Tsetusem. The area is culturally relevant, full of history, and the beauty that compliments the focus of the journey providing a safe culturally relevant space for those who are participating to heal in the vastness of the nature away from the urban jungle.

Please ask and sign up for our next journey.



*"You already possess everything necessary to become great."*

*— Crow*

# COELS Basic Rules

1. Orientation is 72 hours upon arrival.
2. House Curfews are as the following:
  - Sunday to Thursday 11:00 PM
  - Friday and Saturday 12:30 AM
  - Stat Holidays 12:30 AM
3. Please note there is a 10 min. Grace period for curfew. Please call if you are late.
4. No Alcohol or drugs on any C.O.E.L. sites and Zero tolerance for any illegal use of illegal substance.
5. Sign in and out when leaving house. Location change must be called into (604) 874-9610.
6. Please show respect to everyone.
7. Please clean up after yourself.
8. No smoking except in designated area.
9. Smudging in rooms, if you want to smudge please ask staff and they will assist you to smudge your room.



*"Healing doesn't mean that damage never existed. It means that damage no longer controls our lives"*

# How to use Naloxone

Do rescue breathing for a few quick breaths if the person is not breathing.

Use a long needle: 1 – 1 ½ inch (called an IM or intramuscular needle)- needle exchange programs and pharmacies have these needles.

Pop off the orange top vial.

Draw up 1cc of naloxone into the syringe 1cc=1mL=100u.

Naloxone Injection Inject into a muscle – thighs, upper, outer quadrant of the butt, or shoulder are best.

Inject straight in to make sure to hit the muscle.

If there isn't a big needle, a smaller needle is OK and inject under the skin, but if possible it is better to inject into a muscle.

After injection, continue rescue breathing 2-3 minutes.

If there is no change in 2-3 minutes, administer another dose of naloxone and continue to breathe for them. If the second dose of naloxone does not revive them, something else may be wrong—either it has been too long and the heart has already stopped, there are no opioids in their system, or the opioids are unusually strong and require more naloxone (can happen with Fentanyl, for example).



Tap ampoules to send all liquid to the bottom.

Push top away from you to snap open the ampoule.



Pull plunger to draw up liquid



Inject into muscle.  
Press plunger all the way down to trigger safety (retraction)

# SIGNS OF OVERDOSE



PERSON IS NOT  
MOVING



BREATHING  
WILL BE SLOW  
OR ABSENT



PERSON MAY  
BE CHOKING



YOU CAN HEAR  
GURGLING OR  
..... SOUNDS



SKIN FEELS  
COLD AND  
CLAMY



PUPILS ARE  
TINY



LIPS AND NAILS  
ARE BLUE



PERSON CAN'T  
BE WOKEN UP

## CALL 911 FOR HELP

# Do You Share These To Get High?



Then you are at risk for  
contracting **Hepatitis C**.

**Important  
to know...**

**You only have to share  
once to get Hepatitis C.**

**Learn how to stay safe  
and protect yourself.**

**Don't share and use  
clean rigs every time**

**Good news!  
There's a cure for Hepatitis C!**



# H.I.V.

(Human Immunodeficiency Virus)

We as Indigenous peoples are 2.4 times more likely to contract H.I.V. than other ethnicities.

H.I.V. is sweeping through our communities at an alarming rate, especially with the youth and women  
Here are a few ways to reduce your risk:

Getting tested regularly for all S.T.I.(sexually transmitted infections) can be done for free through your doctor or 1-800-739-7367. Not knowing your status is more dangerous than you think.

Avoiding sharing needles and do not inject drugs.  
Needle exchange programs can provide clean needles.

Practicing safe sex, use condoms and avoiding multiple partners.

If you do live a high-risk lifestyle talk to your health provider about PrEP.

Pre-exposure prophylaxis is an HIV prevention option for people who don't have HIV but who are at high risk of becoming infected with HIV. PrEP involves taking a specific HIV medicine every day.

Getting on treatment can decrease your risk of passing on HIV to your partner and it will improve your health and life expectancy.

**Cultural Nights  
and drop in at the  
Vancouver  
Aboriginal Friendship Center**

1607 East Hastings St, Vancouver

**Monday**

Pow Wow dancing 6pm-8pm,  
Adult drop in basketball 6pm-8pm

**Tuesday**

Pow Wow family night 7pm-10pm,  
N.A. Meeting 8pm-10pm

**Wednesday**

Metis night 5:30pm-7:30pm,  
West Coast family night 7pm-10pm,  
A.A. meeting 8pm-10pm

**Thursday**

Adult drop in basketball 6pm-8pm

*Don't let yesterday use up too much of today.  
– Cherokee*

## Good Samaritan Act

Saving a life is the number one priority during an overdose.

Even if you've taken drugs or have some on you the Good Samaritan law protects you from:

Simple drug possession charges, Violation of conditions regarding simple possession in: Pretrial release, conditional sentences, probation orders and parole.

This law applies to the person who has overdosed, the person who seeks help and anyone to the scene when help arrives.

---

## Indigenous and homelessness

Being homeless and Indigenous is a rising concern and the overrepresentation is staggering. A 2017 report claimed that 34% of the homeless were Indigenous. In a large city like Vancouver it's not a surprise with the rising rent and low vacancy rate. There are a few groups that can help you if you are homeless or at risk to be homeless.

### **Vancouver Native Housing Society (VNHS)**

1726 East Hastings Street  
(604) 320-3312

### **Lu'ma Native Housing**

2960 Nanaimo Street  
(604) 876-0811

### **Aboriginal Housing Management Association**

615-100 Park Royal  
(604) 921-2462  
(TF: 1-888-921-2462)

### **Aboriginal Shelter**

The Aboriginal Shelter is a mat and blanket program operated by the Vancouver Aboriginal Friendship Centre Society since January 12, 2009 and located at another facility. The address is 201 Central Street which is close to Main Street Skytrain Station.

If you are homeless or at risk to being homeless it is ok to reach out for help. These are a few of the groups (aside from us) that can help you if you are in need in finding a roof over your head.

# Directory

## **Circle of Eagles Resource Center**

**(778) 658-5760**

C.O.E.R.C provides resources for finding employment and housing for our community.

Located at 2008 Wall Street Vancouver

## **Vancouver Parole Office**

**(604) 669-8004**

Supervises Brothers serving community sentences who are on parole, statutory release, or long-term supervision orders to ensure that they adhere to the conditions of release set by the Parole Board of Canada (PBC). Serves Vancouver West

## **National Monitoring Center**

**1-866-400-3765**

After hour supervision and contact about conditions

## **KUU-US Crisis Line Society**

First Nations and Aboriginal specific 24/7 crisis line and serving the entire province.

**Toll-free: 1-800-588-8717**

**Youth Line: (250) 723-2040**

**Adult Line: (250) 723-4050**

## **Crisis helpline**

**1-800-784-2433**

**or 310-6789**

The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre) is a non-profit, volunteer organization committed to helping people help themselves and others deal with crisis.

## **Insite**

**(safe injection site)**

**139 East Hastings**

**(604) 694-7779**

Insite is a supervised drug consumption site accessible to street drug users. Insite has injection booths where clients inject pre-obtained illicit drugs under the supervision of nurses and health care staff

### **Three Bridges (Harm reduction supplies)**

(604)-331-7779

292 Hornby Street Vancouver

At Three Bridges Community Health Centre, you can get basic health care and learn how to keep yourself healthy. We provide many services for people of all ages.

### **Poison control**

(604) 682-5050

If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control immediately  
604-682-5050 in Greater Vancouver

### **Vancouver Recovery Club**

(604) 708-9955

The Vancouver Recovery Club is a safe and drug-free 24-hour drop-in and referral centre that provides immediate support for clients seeking help with addiction and recovery. Call (604) 708-9955 for meeting times or check out [www.vancouverrecoveryclub.com](http://www.vancouverrecoveryclub.com)

### **AIDS Vancouver**

(604) 893-2201

AIDS Vancouver plays a special role in providing quality health care to people affected by HIV/AIDS living in the Lower Mainland. It is clearly more than just a community health care organization

### **Lu'ma Medical Centre**

(604) 558-8822

### **Access Central (Detox referral)**

Toll-free: 1(866) 658-1221

For referrals to detox and supportive recovery housing. Social workers can provide on-the-spot counselling and coping strategies.

### **Western Aboriginal Harm Reduction Society (WAHRS)**

604-683-6061

380 E Hastings St.

Supervised substance use site

10am-10pm everyday



## Seven Sacred teachings

### **Love**

Love is the gift from the Eagle...

### **Respect**

Respect is the gift from the Buffalo...

### **Courage**

The Bear carries courage...

### **Honesty**

Honesty is carried by the Sabe  
(Sasquatch)...

### **Wisdom**

The Beaver carries wisdom...

### **Humility**

The Wolf carries humility...

### **Truth**

The Turtle carries truth.

