



Fentanyl is a word we've been hearing a lot in the news lately. It has become a huge problem lately, causing overdoses and numerous deaths across Canada.

But what exactly is Fentanyl?

Most people know it's bad but they don't exactly what it is, where it comes from, and how it has managed to kill so many people.

There were over 900 deaths from overdoses in 2016 in British Columbia with the vast amount of those on Vancouver Island. Many families have been touch by deaths from this drug crisis.

This current crisis is not going away so it is important to educate yourself on what you can do to help.

If you or someone you know and care about uses drugs, get a Naloxone kit.

Snuneymuxw has Health Center staff that has been trained in Naloxone administration AND in training you to use Naloxone.

Make an appointment by calling 250-740-2337 to get trained and receive a kit free of charge.

How to Start a Conversation about Fentanyl and other drugs...

Take advantage of opportunities to connect with your friends or family in everyday conversations or as part of ordinary activities. Opioids (e.g., pain medications) or other drugs may come up naturally when someone in the family is given a prescription. This is a great opportunity to model and talk about appropriate use and care with these substances.

Other opportunities come when discussing something you saw on social media, or when swapping stories about what happened at school or work. Current media stories about fentanyl overdoses provide opportunities for conversations about opioid drugs.

You can also look for openings when watching the news, TV shows or a movie together. A character's action in a movie can provide an opportunity to talk about choices and how substance use can impact one's goals and life plans.

Connecting is sometimes easier when you're not sitting across from one other or looking directly at each other. Try starting a conversation while in the car (e.g. after hearing news on the radio), taking a walk, playing sports, or doing chores together.

Did you know?

Talking openly about **Fentanyl** and other drugs can help you bond with your teen - your support and strong connection is a key way to protect them from substance-related harm.

Asking them for their input is a great way to engage them in respectful conversation. You might try asking questions like:
Why do they think people are using drugs? How come there have been so many fentanyl overdoses in the community recently?

Open conversations create trust and teach kids they can feel safe talking to us about drugs.

And we can learn from them as well!