

# Word on the Street

SPRING 2017



StreetWorks Harm Reduction Services offers free and confidential services to anyone in the Niagara Region.

Stop by our office at 120 Queenston St., St. Catharines. Monday-Friday, 9am-5pm

We offer a mobile service. Monday-Friday, 6pm-10:30pm Call us at (905) 328-6715



## Alert: Strong Opiates in the Area!

We have had several reports of strong opiates in the area. People are going down using washes and we have had several people report that they have had to use their Naloxone kits.

When using opiates even testing your dose (using a little bit to see what the strength is like) isn't always a sure way to see how strong it is. A lot of times the drug you are using isn't mixed evenly which results in "hot patches" which means that you might get a little bit of the actual drug or a large amount all from the same bag.

Think of it this way, sometimes when you are eating a chocolate chip cookie, you take a bite and it is full of chocolate chips and another bite might have none. Illicit drugs can be the same way.

Don't use alone, make sure you or someone you are using with has Naloxone. If anything happens, call 911.



## We want your sharps!

Bringing us your returns is your responsibility to the program. You can drop them off at the office, one of our satellite sites, or we can come and pick them up.

No biohazard bin? Put your used sharps in a puncture resistant container (pop bottle, coffee can, laundry detergent bottle, etc).

Staff do have the right to refuse returns in questionable bags or containers.



# Stayin' Alive

**Did you know it only takes 5 to 6 minutes for the brain to die without oxygen?**

If someone you are with overdosed, don't forget to do

## rescue breathing

after calling 911 and giving naloxone!

Grab the breathing barrier provided in your naloxone kit and follow these steps:

- 1) Place the person on their back
- 2) Tilt their chin up to open the airway
- 3) Check to see if they are choking on anything (there's a glove in your kit too!)
- 4) Plug their nose with one hand and give them two regular sized breaths and watch to see their chest rise.
- 5) Give 1 breath every 5 seconds



The person should start breathing on their own in 2-3 minutes, but if they don't, give a second dose of naloxone and repeat the steps above until help arrives.

If for whatever reason you are not comfortable doing rescue breathing, please do chest compressions by pushing hard and fast on the centre of the chest to the beat of that old Bee Gee's song "Stayin Alive".



Have you used your Naloxone kit? Let us know so we can replace it for you. If you have lost your kit let us know as well. It is extremely important that we make sure you have a kit.

Stop by the office or talk to staff in the van about getting your kit replaced.

**Upcoming Peer  
Program Dates**

**April 13 & 20**

**May 11 & 18**

**June 8 & 15**

**New Staff!**

StreetWorks would like to welcome **Adrianna** to the team! You might know her as she has worked at other community services agencies in St. Catharines. She will be covering a Keira's maternity leave for the year.

**FREE  
CONDOMS &  
LUBE  
AVAILABLE  
THROUGH  
STREETWORKS**

# Overdose Myths and Misconceptions

When it comes to overdoses there are many methods that people use that may be harmful to that person. Some include:

**If they don't respond, walk them around**

If they aren't responding they need urgent help - trying to walk them around will just waste time. You may end up hurting/harming the individual

**ODs happen quickly - you keel over 'Trainspotting' style**

Some ODs happen quickly, but most people who fatally OD take a while to die - their breathing gradually slows and then stops. Eventually the lack of oxygen will cause your brain tissue to die.

**If you've had Naloxone you're fine and can use again / Naloxone will protect you so that you can have a whack immediately after**

The Naloxone will wear off in an hour or two and it's easy to drop again, even if you don't have more. It is important to seek medical attention after administering naloxone

**Slapping, hitting or pinching doesn't always help**

A person will not rouse a person into consciousness nor will trying to make them walk around when they are slipping into unconsciousness. - you will hurt/cause damage to the person

**The 2 things that you SHOULD do in the event of an overdose is call 911 and administer naloxone!**



## Did you know?

StreetWorks offers more than just harm reduction supplies?

If you need help finding housing, need support for medical or OW/ODSP appointments or linking up with other services in the area? We can help you out!

Staff is here to assist you or link you up with the right people. Whether it be short term or long term, we are here to help you out!

For more information please talk to staff.

## Satellite Sites

Can't make it in to the office? Visit one of our satellite sites for safer injection materials.

### St. Catharines

Mapleland Pharmacy  
120 Welland Ave.

### STOMT Drop-In

St. Barnabas Anglican Church  
33 Queenston St.

### Port Colborne

Boggio's Pharmacy  
200 Catharine St.

### Ridgeway

Boggio and Edwards Pharmacy  
307 Ridge Rd.

Brodies Pharmacy  
315 Ridge Rd.

### Welland

VIP Pharmacy  
601 East Main St.

### Fonthill

Boggio & Parton Pharmacy  
155 Hwy. 20 West

### Niagara Falls

Project Share  
4129 Stanley Ave.

## Hepatitis C Care Clinic

The Hepatitis C Care Clinic is a part of the Addiction Services Program of the Niagara Health System. The team consists of a Physician trained in Hepatitis C care and treatment, 2 Registered Nurses, Social Worker, Outreach Worker and Clinic Coordinator.

### The Team provides:

- Hepatitis C Education
- Counseling and Support – Individual / Group
- Hepatitis C – Testing, Treatment, and Treatment After-Care; Case Management
- Support for those who may not be suitable for treatment
- Community Outreach
- Addiction Assessment, Referral, Addiction Recovery Support and Relapse Prevention Support; Case Management
- Tobacco Cessation Assistance

### Outreach services:

The Outreach Worker's services are available to anyone in the Niagara Region; you are not required to be a client of our clinic.

Call 905-329-1598 to contact David directly.

Hepatitis C education, counselling and referrals are provided by the Outreach Worker at various locations in the Niagara Region.

## Steroids...Know Your Stuff

Any steroids bought online or on the street are not quality controlled. There is no guarantee that what is on the label is actually in the container. Never buy loose tablets or ampoules/vials.

### What to look for:

- Packaging is sealed and intact
- Print on the labels is the same and clear on all ampoules/vials
- Expiry date has not been exceeded (if they've expired or there isn't an expiry date don't use them)
- All vials in the pack should have the same lot number and the same expiry dates
- Rubber stopper and metal covering are secure
- Liquid in the vials is clear and there are no floating bits
- All the vials look the same and have the same amount of fluid in them.

MENTAL HEALTH & ADDICTIONS

**ACCESSLINE**

1-866-550-5205

CONFIDENTIAL HELP 24/7