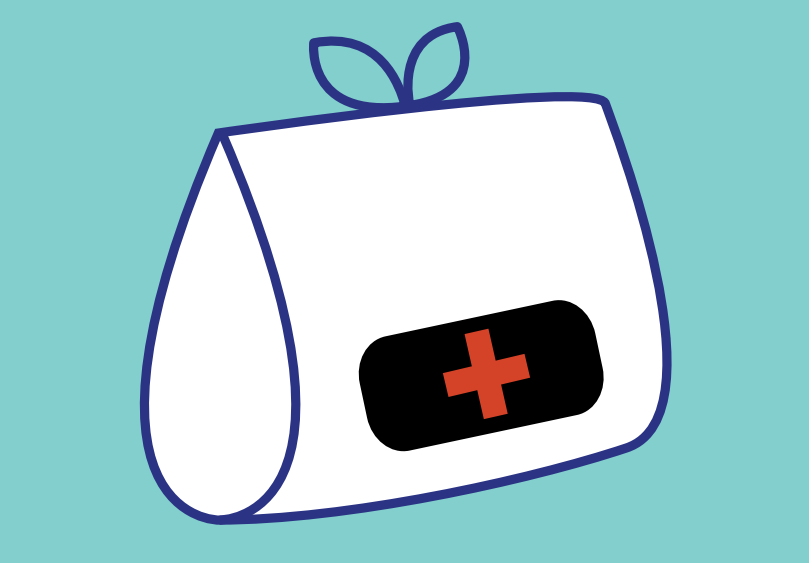
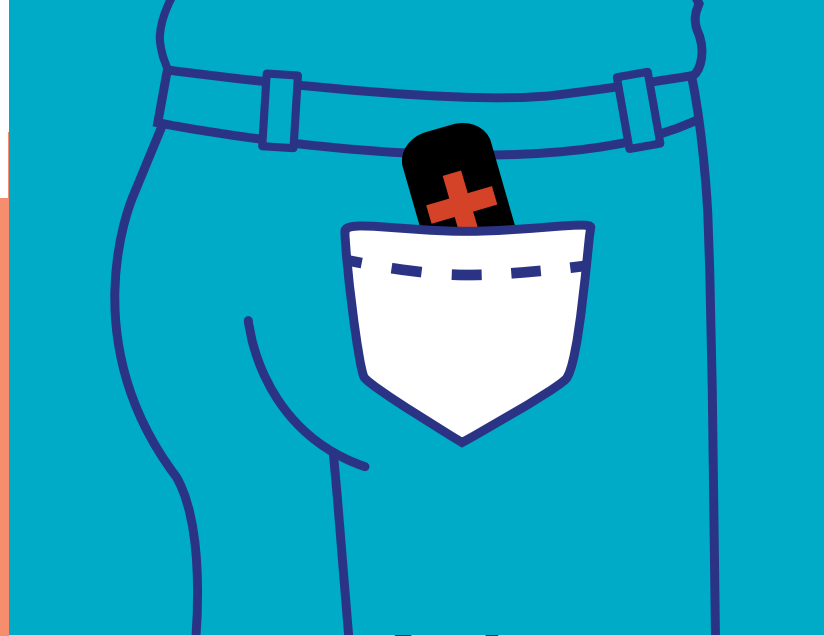
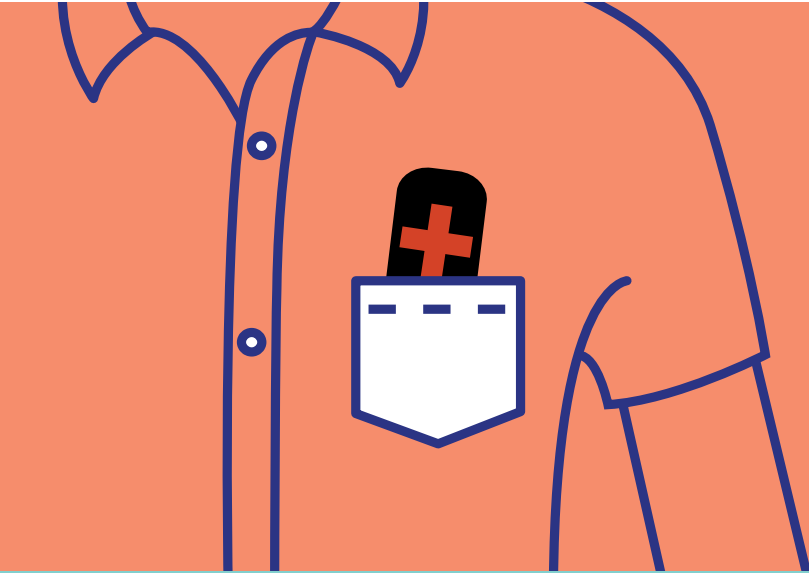




Canadian Mental
Health Association
Mental health for all



years of
community



CARRY IT TOOLKIT

Preventing and
responding to opioid
overdose with **NALOXONE**

AUGUST 2019

About CMHA

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in more than 330 communities across every province and one territory, CMHA provides advocacy and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.

Visit the CMHA website at www.cmha.ca

DISCLAIMER

The Canadian Mental Health Association, National, ("CMHA NATIONAL") is offering a toolkit for use in postsecondary and secondary schools in Canada to support education on opioid overdose, overdose prevention, and naloxone, an antidote that temporarily reverses an opioid overdose (the "Toolkit"). The Toolkit is intended to inform students, staff, faculty, and administrators in Canada about opioids on campus, how to access and administer naloxone, how to access naloxone kits and training (which includes use of the nasal spray Narcan®), how to store naloxone, and how to develop a protocol to prevent and respond to opioid overdoses on campus with naloxone.

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THE CARRY IT TOOLKIT

The opioid overdose crisis in Canada is real and growing. It claimed 4,460 lives in 2018 alone.

Overdose deaths have spiked sharply since fentanyl first appeared on the illegal drug market. Fentanyl is a deadly synthetic opioid that is used as a filler in other drugs (MDMA/ecstasy, heroin, crack and others) in order to stretch the supply.ⁱ

The purpose of this toolkit

This toolkit is for you, whether you are an administrator, a student or a member of the faculty or staff. It is designed to help your campus community create a blueprint (or “protocol”) to prevent and respond to overdoses.

Although some Canadian campuses already have a protocol in place, many do not. That means that **many campuses do not have on-site tools – like life-saving naloxone kits and training – to respond to an opioid overdose.**ⁱⁱ

Why is this? One reason is the mistaken belief that overdoses aren’t a campus issue. In fact, substance use is very common on campus and being prepared for opioid overdose is necessary wherever you live, work, or study.

This toolkit will help you prevent opioid overdose on your campus. And it will guide you in creating an opioid overdose protocol.

Available Tools

1 A CAMPUS PROTOCOL

- Making the case for an opioid overdose protocol
- Developing your protocol
- A protocol template

2 OPIOIDS 101

- What you should know
- What is fentanyl?
- Know the signs of overdose

3 NALOXONE 101

- What is naloxone?
- Giving naloxone by nose
- Giving naloxone by injection
- Getting naloxone across Canada

4 A QUICK GUIDE

- Safer drug use for students
- Drug safety on campus

5 FACT SHEETS

- Dispelling myths about opioids
- Students and mental health

6 POSTER

7 SOCIAL MEDIA BANK

8 WALLET CARD

9 SOURCES