



Opioid and Substance Use Awareness

Virtually Facilitated In-Service Training

Course Description

As a caregiver, it is important to know about substances and substance use, including opioid use. This can equip you to be able to talk about it with the children or youth in your home and have tools to use if you think someone might be using a substance. If we know why young people may try or use substances, it will help us talk to the youth in our care about substance use, the risks and, if they choose to use, to reduce the possibility of harm. We will explore our beliefs and attitudes about substance use and discuss a variety of cases to develop strategies for having conversations about substance use. This course provides a general overview of substance use — we do not discuss addictions, treatment or recovery in this course.

Learning Objectives

At the end of this three-hour workshop, you will be able to:

- List common substances and their use.
- Describe the relationship between trauma, stigma and substance use.
- Describe how you can take a harm-reduction approach.
- Apply principles and techniques of active listening, empathy and positive rapport to discussions related to substance use and prevention.
- Describe responses to child/youth substance use guided by your role as a caregiver and legislation, policies and procedures.
- Describe how to recognize and respond to drug overdose including opioid overdose.

Guided Discussion Questions

1. What conversations are you having with children/youth about Opioids and other drugs?
2. How could you practice harm reduction if a child/youth in your home was using substances?

Resources

Resource one: Addiction and Mental Health: 24/7 helpline 1-866-332-2322

Resource two: Drug Free Kids Canada:

Link: www.drugfreekidscanada.org

Resource three: My Health Alberta:

Link: <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwld=tp17749>

Resource four: Health Link: talk with professional nursing staff 811 (phone)

Resource five: Poison and Drug Information Service: 24/7 helpline 1-800-332-1414

Resource six: Alberta Health Services Overdose Information (e.g. Naloxone dispensing pharmacy map)

Link: www.stopods.ca

Resource seven: First Nations Health Information

Link: www.firstnationsth.ca/Series/FentanylInformationSeries.aspx

Resource eight: Johann Hari: Everything you know about addiction is wrong

Link: <https://www.youtube.com/watch?v=PY9DclMGxMs>

Resource nine: Alberta Health Services. What is Methamphetamine?

Link: <https://www.albertahealthservices.ca/info/Page16378.aspx>

Resource ten: Teacher Information Series. Crystal Methamphetamine:

Link: <https://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/ifch-teacher-info-series-crystal-meth.pdf>

Resource eleven: Partnership for Drug Free Kids. When you discover your son or daughter is using drugs: Start talking

Link: <https://drugfree.org/article/start-talking/>

Resource twelve: Smyth, P. (2017). Working with High Risk Youth: A Relationship-based Practice Framework. (London: ON, Routledge, Taylor & Francis Group).

Resource thirteen: The Foster Care Handbook: A Guide for Caregivers. (2017). Alberta Government.

Link: <https://open.alberta.ca/publications/the-foster-care-handbook-a-guide-for-caregivers>

Resource fourteen: Myths and misinformation about law enforcement and fentanyl exposure: Perpetuating stigma, causing harm

Link: <https://harmreduction.org/blog/fentanyl-exposure/>

Resource fifteen: One of a number of videos about parental addiction. Check out more videos at this site.

Link: <https://sesamestreetincommunities.org/activities/meet-salia/>