

## Prevention & Harm Reduction Education in the East Kootenays

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### **Knit for Mental Health**

This program was offered throughout the East Kootenays and funded through CBT. This first year of this program has shown that there is a need for a creative way to access services. Alexis has been using this program to assist with being a more consistent face within the schools, reaching out to isolated populations and providing a creative outlet for individuals to explore resources within their communities. This program has also brought in over 150 handmade hats, gloves, socks, scarves, etc. as donations for those needing some warmth. This is a unique opportunity to bring diverse groups together to ultimately focus on reducing stigma, isolation and increasing the network of support that people have in the Basin.

This program has been renewed in Kimberley & Fernie but recently funded for Cranbrook as well. (CBT) All supplies are provided as well as nutrition when meeting face to face and guests such as service providers from local agencies.



### Education sessions/Workshops

Workshops were held across the East Kootenays with subjects like Sexual Health, Party Safe, Naloxone training, Body Science, Puberty, Stigma, etc. These workshops were offered in both community and school based settings with the ability to be modified/adapted for the unique needs of each community. Example of modifications: An Alt school asked for a Party Safe session to be specific around drug checking, MDMA and mixing.

### Information Tables



Tables were held across the East Kootenays to allow for access to a large amount of people and deliver harm reduction education to a variety of folks. Harm reduction supplies such as condoms, lube and information booklets are handed out to those interested in the information. Pictured is an example of one of the many tables completed in the EK. This particular event saw large amounts of condoms, lube, information packets, naloxone and reusable ashtrays supplied to attendees. Spin the Sexual Health Wheel! Was played and donated prizes/candy were to entice individuals to stay and learn a little about sexual health and have the conversations surrounding harm reduction.



(photo from Women's Peer Group)

Alexis works with multiple schools in the Basin to deliver Sexual Health Retreats to grade 9 students. With Covid-19 this year, 4 retreats were cancelled in Kimberley and Sparwood/Elkford. These retreats are typically day long retreats, focusing on emotional wellness, sexual health education, party safe and overdose prevention. These retreats are made possible with collaborating with local agencies such as East Kootenay Addictions Society, Mental health and addictions Kimberly and Golden, Options for Sexual Health, Public health, local small businesses and with school faculty from School district 5 & 6.



#### **Harm Reduction Tents at Festivals**

Wicked Woods (pictured left) is one of the many festivals Alexis worked with to organize Harm Reduction tents which include services such as checking substances, staff to review harm reduction messaging with attendees, information table, updated warnings about substances found onsite, water, etc. Some harm reduction supplies include ear plugs, safer sex info, safer use info,

condoms, lube, etc. We saw hundreds of people a day at these events searching for support in their harm reduction journey. This Wicked Woods event we saw over 800 people during the weekend that accessed our services. Due to COVID, all 2020 booked events were cancelled.

#### **Stats overview:**

Approx. 5558 people reached this year with this program.

#### **Social Media Stats:**

Total post reaches on Facebook: 31,166

Total page likes on Facebook: 150

Total followers on Instagram: 91