

# YEAREND REPORT



2020/2021

Ed Prev/Drug Checking/Indigenous

Overview of the 2020/2021 year in the 3 streams Alexis Hekker was involved in.

# Yearend report

## ED PREV/DRUG CHECKING/INDIGENOUS

### ED PREV

Since COVID, the ability to easily access training opportunities within the schools in the East Kootenays has proven to be a struggle. Each district has structured their classes differently and have different requirements of facilitators. Some locations do not allow for any in person trainings at all. Regular workshops would be hands on and engaging for the youth to stay involved in the discussion, however, online has proven to be a great disconnect for youth and facilitators to continue this aspect of learning. We have started to adapt a bit better throughout the ending of the current reporting period by expanding our knowledge on technology available to us, getting creative and all while adhering to covid safety protocols. We have seen a decrease in drop-in workshops but an overall increase in online workshops requested.

A lot of the ed prev role has shifted to educating through social media (mainly Facebook and Instagram) and creating educational resources to support in this educating. Some of this included stigma education on local groups, naloxone training over Facebook video, and more. Here are a few examples of posts/resources made....





# OVERVIEW OF OVERDOSES IN BC 2020



## FATAL OVERDOSES ARE ON THE RISE

Across BC we are seeing a dramatic spike in fatal overdoses. the BC coroner's report states;

### COMPARING DATES

- Aug 2019 saw 86 overdoses in BC. Aug 2020 we saw 147. (71% increase)
- Apr to Aug 2020 found 14% extreme fentanyl concentration compared Jan 2019 to Mar 2020 had 8%.

### AGES & GENDER

- 69% of fatal overdoses were aged 30 to 59. (2020 so far)
- 81% of overdose deaths in 2020 so far have been males.
- As of Aug 2020, 206 fatal overdoses recorded were women

### TOP SUBSTANCES RELATED TO DEATHS

- Fentanyl 86.8%
- Cocaine 49.8%
- Methamphetamine/ amphetamine 33.9%
- Alcohol 27.8%
- Heroin 14.9%
- Other opioids 17.3%
- Methadone 6.6%
- Other 16.2%



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@Kootenay\_  
harmreduction

ankors.bc.ca  
office: 250-426-3383  
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<https://www2.gov.bc.ca/assets/gov/birth-adoption-death-marriage-and-divorce/deaths/coroners-service/statistical/illicit-drug.pdf>

## ANKORS guide on What to do when you find a needle!



Find a container that is **safe for sharps!** Ideally, a sharps container but in a pinch you can use a container that is puncture-proof, resealable and has thick plastic such as a coffee can, milk jug, water bottle, etc.



**Safely pick up the needle.** You can do this by utilizing tongs or using gloves and only grabbing the barrel end of the needle. NEVER go near the tip or try to cap it with the lid.



**Put needle TIP DOWN (needle end) into the container and ensuring that you are not going to prick yourself.** Close the lid tightly! If not using a labeled sharps container, try to label the container you are using with a sharpie.



**Bring the container to a safe disposal site - like ANKORS!** Or any site near you such as EKASS, pharmacies or any Interior Health locations. Staff will be able to dispose of the sharps safely from there.



@ankorseasteducation



@kootenay\_harmreduction



<http://www.ankors.bc.ca>



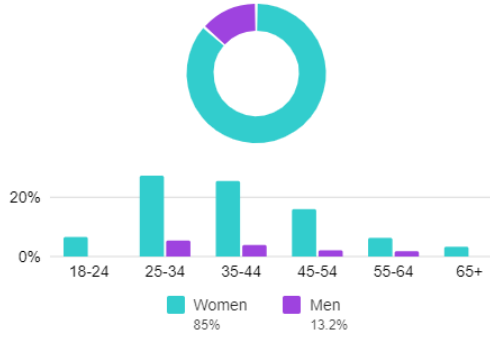
250-426-3383

## ANKORS East Facebook demographics:

### Audience

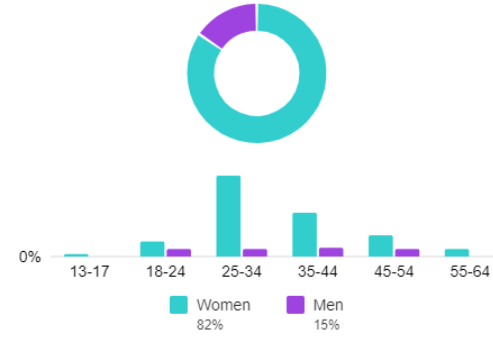
Facebook Page  
Likes  
**338**

Age & Gender

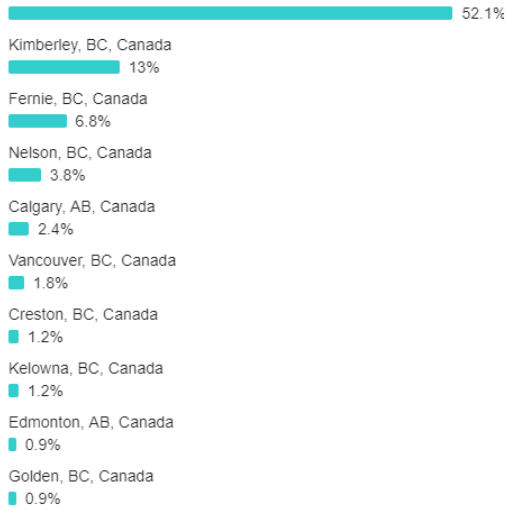


Instagram  
Followers  
**301**

Age & Gender



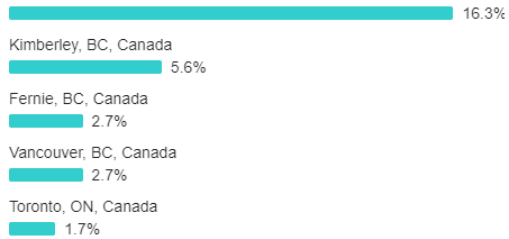
Top Cities  
Cranbrook, BC, Canada



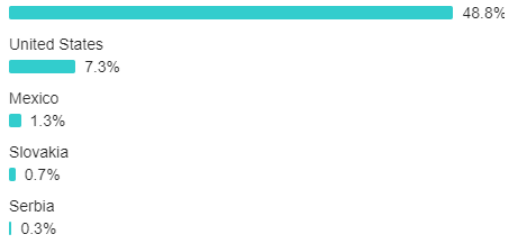
Top Countries  
Canada



Top Cities  
Cranbrook, BC, Canada



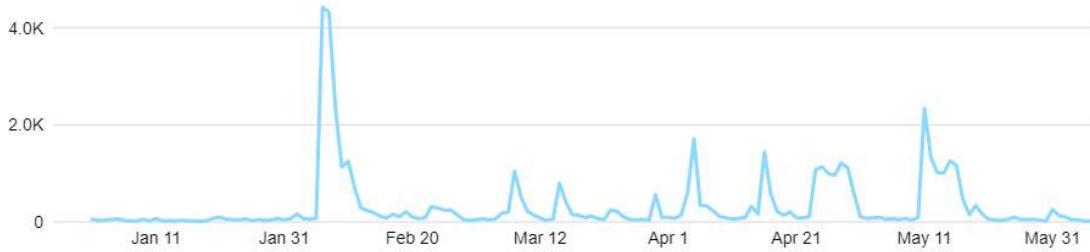
Top Countries  
Canada



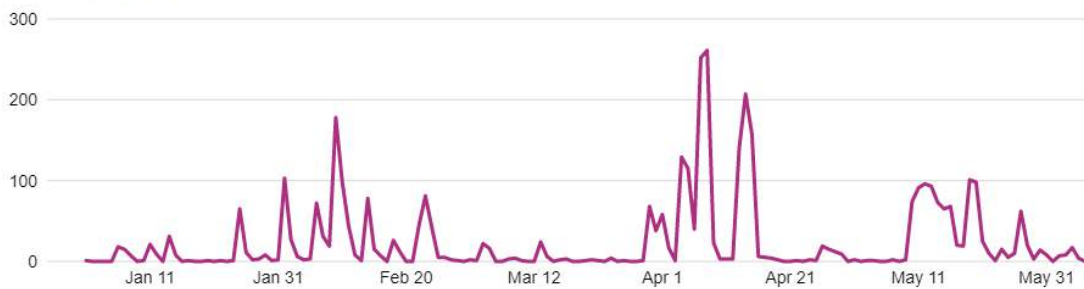
East Facebook & Instagram trends for 2021:

Trends

Facebook Page ⓘ  
Reach  
**24,039** ↑ 9.8%



Instagram ⓘ  
Reach  
**1,565** ↑ 84.3%

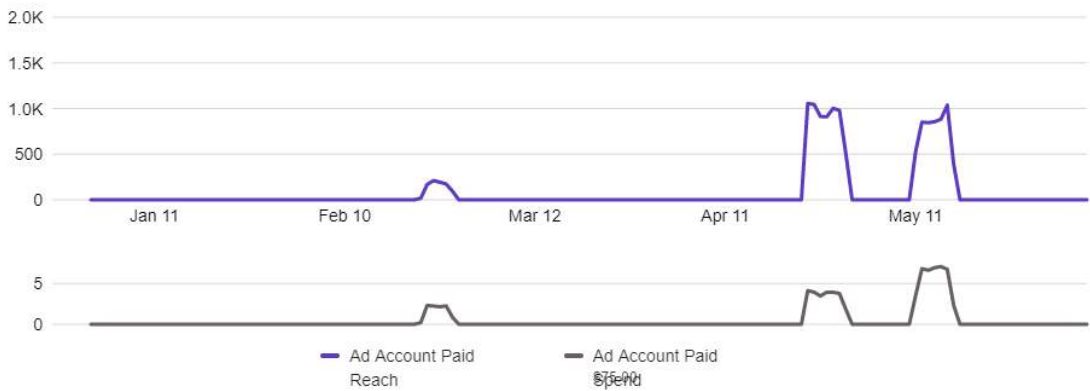


Recently this year we have shifted our marketing to more online vs in the paper. Here are the trends from those few times so far:

Ad Trends

Paid Reach ⓘ  
**6.6K** ↑ 100%

Paid Impressions ⓘ  
**14.2K** ↑ 100%



Additional info:

There has also been a focus on collaboration including Street Angels, the women's Centre, Good Healthy Meals, the local Metis nation, and more. With support from the Womans Centre, a womans group was maintained throughout most of COVID when restrictions were not as strict. This allowed for a safe space for women to access services, get referrals, have something nice to eat, learn some new skills and meet other women in the community.

Knitting for Mental Health continued until the end of its funding term, and I still have leftover resources, so I am offering it as an on-needed basis online. This program saw an increase from youth, so I ensured that there was time for youth specific and adult specific groups. The youth sessions were full of discussions surrounds sexual health, consent, harm reduction as a whole and unique ways the youth were focusing on their self-care/positive mental health techniques. Adults focused more on just having a safe space to chat about day-to-day life, local resources they found, telling stories, and catching up with each other. I have since applied to change the program to Crafting for Mental Health, as participants expressed interest in trying different artforms to use as self-care.

Ed prev as a whole was busy focusing on stigma, harm reduction and mental health education. Funding has ended for this program and additional funding is being explored.

## Drug Checking

Alexis and Patrick completed their training on the FTIR, Patrick has completed their shadowing hours and passed their exam and are able to offer services as a drug checking technician. Alexis has completed her shadowing hours and is studying/practicing for her exam. Drug checking has picked up since we have been able to offer regular drug checking days at our Cranbrook office. The east is starting to look at training more FTIR technicians for volunteers/part-time peers to assist in the program during festivals and other large events that will be happening in the future.

## Indigenous Wellness

**La Saantii – ANKORS Harm Reduction Education Project just started up recently, employing Alexis as the Indigenous Wellness Coordinator and Nicki as the Indigenous Peer Health Navigator. This program has allowed for ankors to offer services in unique ways to indigenous peoples and the reality is, indigenous people are widely over-represented within fatal overdose deaths (5.5 times higher recorded fatal overdoses than other residents in BC). Many of those we lost over the last year to accidental drug poisoning has been our indigenous peoples, our women specifically. Alexis and Nicki, both Metis women, will focus on education, support, and collaboration through the use of this grant.**





**Nicki**

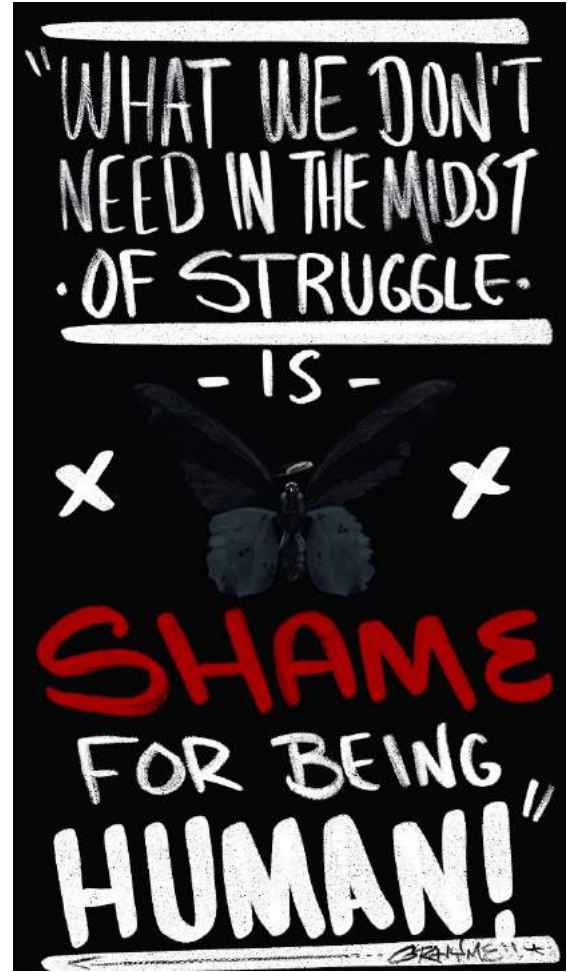
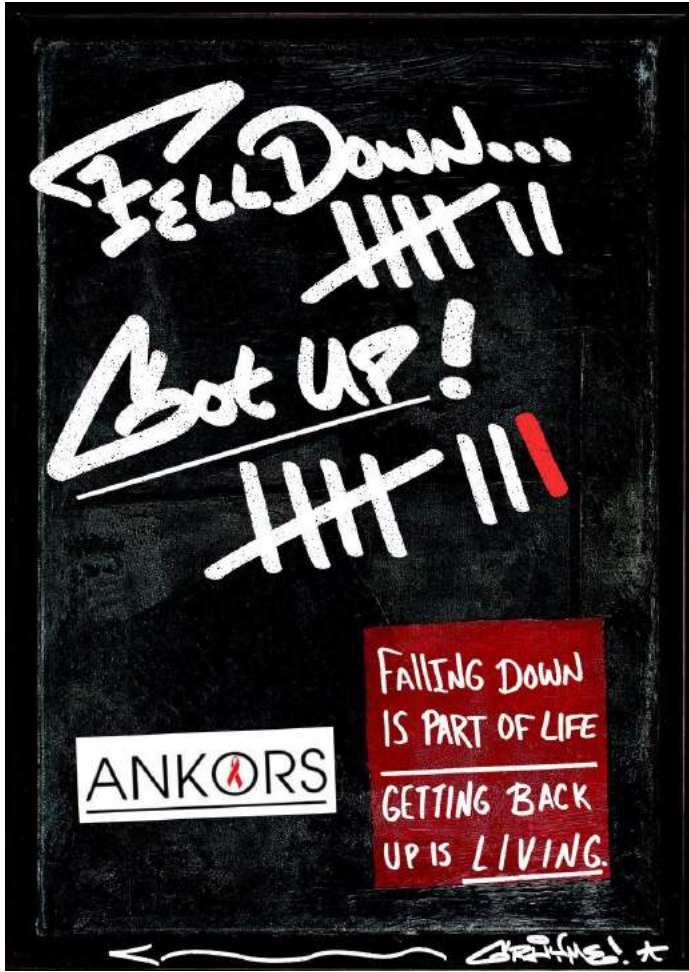


**Alexis**

**For more information on this grant, please see: [Shuswap Band, ANKORS get grants addressing overdoses | Columbia Valley, Cranbrook, East Kootenay, Ktunaxa Nation, Kyaknuq+it – Shuswap \(e-know.ca\)](#)**

**additionally, please see a few photos from the East Day of Action protest and some art pieces from local artists.**



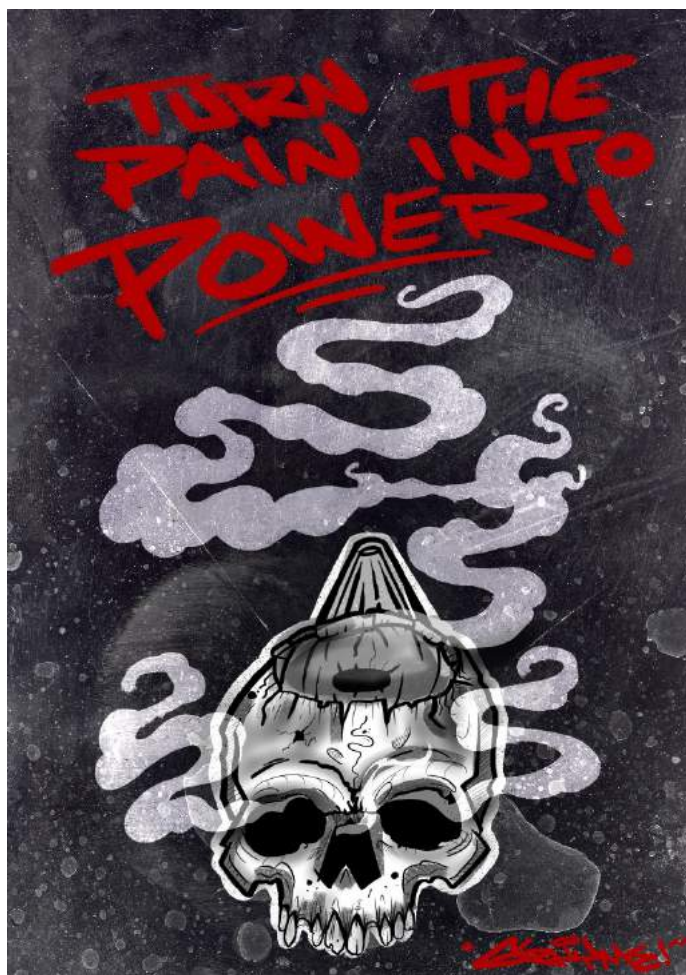


Insta: @theartofcolegreen

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Prints by Nicole Elysse are one of a kind and prints are not an option.







**“Go low, Go Slow” – Nicole Elysse**



**“Self-Care” – Nicole Elysse**



Cole Green Photography





Cole Green Photography

