

# 2024 COMMUNITY MEETING

A Woodland Wellness Centre - Prevention & Recovery  
Resource Booklet On:

- Drugs and Alcohol Harm Reduction Strategies
- Mental Health Information
- Budgeting
- Emergency and services available

Need more information? Contact Us at:

Phone: 306-425-9109  
Fax: 306-425-9108  
336 Wilson Charles St.

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# RESPONDING TO AN OPIOID OVERDOSE

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## What is an opioid overdose?

- Too much opioid can make people lose the urge to breathe
- Slowed breathing can decrease oxygen delivery to the brain
- This can lead to permanent brain damage or death



**Anyone can overdose,**  
Including people taking  
prescription opioids for pain

## What does an overdose look like?



**Overdose risk is complicated**  
And depends on several factors



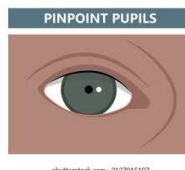
Very sleepy/  
Not responding



Soft/ no  
breath or  
snoring



**Risk is very personal**  
As each person can have a  
different response to the same  
amount of a substance



Tiny (pinpoint)  
pupils



Cold  
Clammy skin



Blue lips  
nails or skin

## What is the risk?

Many things can increase the risk of opioid overdose.

More risk factors = higher chance of overdose



History: Increasing age  
Lung, liver & kidney problems  
Mental health concerns  
Sleep Apnea



Opioid use: Any dose, especially as  
doses increase. Taking differently  
than prescribed. Previous overdoses  
Injected forms riskier than oral  
Non-prescription opioid source



Alcohol, benzodiazepines  
Sleep aids, Cannabis  
Certain anti-depressants  
Stimulants  
illicit drugs/substances

Tolerance is your body's ability to get used to consistent opioid dose overtime. Sudden loss of tolerance increases the risk of overdose dramatically, and can happen when you are sick or you are weaning down on your drug use.

## **If someone appears to be having an overdose:**

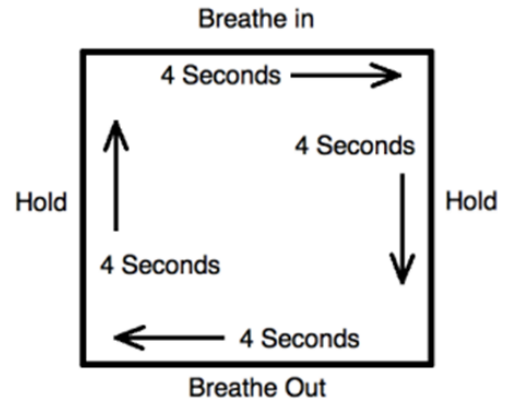
1. Call 911
2. Administer NALOXONE
3. Start CPR – Chest compressions and rescue breaths

If you have a Treaty Number you can go to any Pharmacy and ask for a NALOXONE Kit for free:

- Giant Tiger Pharmacy
- La Ronge Pharmacy
- Harbour Pharmacy

## **COPING WITH TRIGGERS**

- Practice relaxation techniques  
→ Such as box breathing
- Become aware of your triggers
- Keep a journal
- Anticipate & plan a coping strategy for triggers
- Call someone if you're feeling triggered
- Exercise daily



## **RELAPSE PREVENTION = RECONIZING THE STEPS OF RELAPSE**

- STEP 1  
→ The first step is emotional  
Your subconscious mind is working, but you are not fully aware of it happening. It can still influence your actions and the decisions you make



- STEP 2  
→ The second step is mental  
Mental relapse is the moment you begin to think about going back to that old life. You also start to remember all the good times you had during your addiction. You choose to forget the bad times that came with it.



- STEP 3  
→ The third step is physical  
Physical relapse is the part that no recovering addict wants to do. You have listened to that little voice in your head that tells you, “just one more time will be ok”.



Don't listen to that voice that tells you one more is gonna be okay!

# WAYS TO SAY “NO” TO DRUGS OR ALCOHOL

## Simple

No, thank you.

## Declarative

No, I don't drink.

No, I don't do drugs.

## Excuses

No, I'm the designated driver.

No, I could get kicked off the team.

No, I have a big game coming up.

No, my parents are really strict.

## Alternatives

No, but I'll take a water/soda.

No, but let's (insert alternative activity).

## Reversal

No, why are you messing with that stuff?

No, I thought we were friends.

No, do you need help?



# Suicide WARNING SIGNS

**MAKING  
SUICIDE**  
threats

**NEGATIVE  
VIEW  
of SELF**



A sense of  
**HOPELESSNESS**  
OR  
**NO HOPE**  
for the  
**FUTURE**



**ISOLATION**  
or  
**FEELING  
ALONE**



**AGGRESSIVENESS  
and  
IRRITABILITY**

A blue icon of a warning triangle with an exclamation mark inside.  
**Possessing  
LETHAL  
MEANS**

**FEELING LIKE A  
BURDEN**  
to others

**DRASTIC**  
changes in  
**MOOD**  
and  
**BEHAVIOUR**



A blue icon of two speech bubbles, one solid and one outlined.  
**FREQUENTLY  
TALKING  
about  
DEATH**

**SELF-  
HARM**  
like  
**CUTTING**  
behaviours



**ENGAGING**  
in "risky"  
**BEHAVIORS**

Making **funeral**  
**ARRANGEMENTS**

**SUBSTANCE**  
abuse

**GIVING**  
things **AWAY**



# PREVENTING TEEN SUICIDE: TIPS FOR PEERS

Suicide rarely happens without warning. As a peer, you may be in the best position to recognize when a friend might need help and help them get it. You may see signs in person, hear about them secondhand, or see them online in social media. Never ignore these signs.

### RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

### WARNING SIGNS

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "The world would be better without me") statements
- Suicide notes, plans, online postings
- Preoccupation with death
- Giving away prized possessions
- Changes in behavior, sleeping, eating, thoughts, or feelings
- Increased risk taking
- Heavy drinking or drug use

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text "HOME" to 741741).



Everyone's life matters.  
Help is available.



People do care.  
Treatment works.



Don't keep silent.  
**Tell a trusted adult.**

### WHAT TO DO

- Recognize the warning signs in yourself, your friends, and on social media.
- Get help. You can't do it alone.
- Tell an adult. Talk to your parent, friend's parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friends Asks.
- Ask if your school has a crisis team.

### REMINDERS FOR FRIENDS

- Connect. Listen, be accepting, don't judge.
- Confirm. Ask if your friend has thoughts of dying or suicide.
- Protect. Take any threats seriously. **Do not agree to keep a secret!**
- Stay. Do not leave a person alone if you are concerned about them being at imminent risk.
- Act. Call for help immediately.



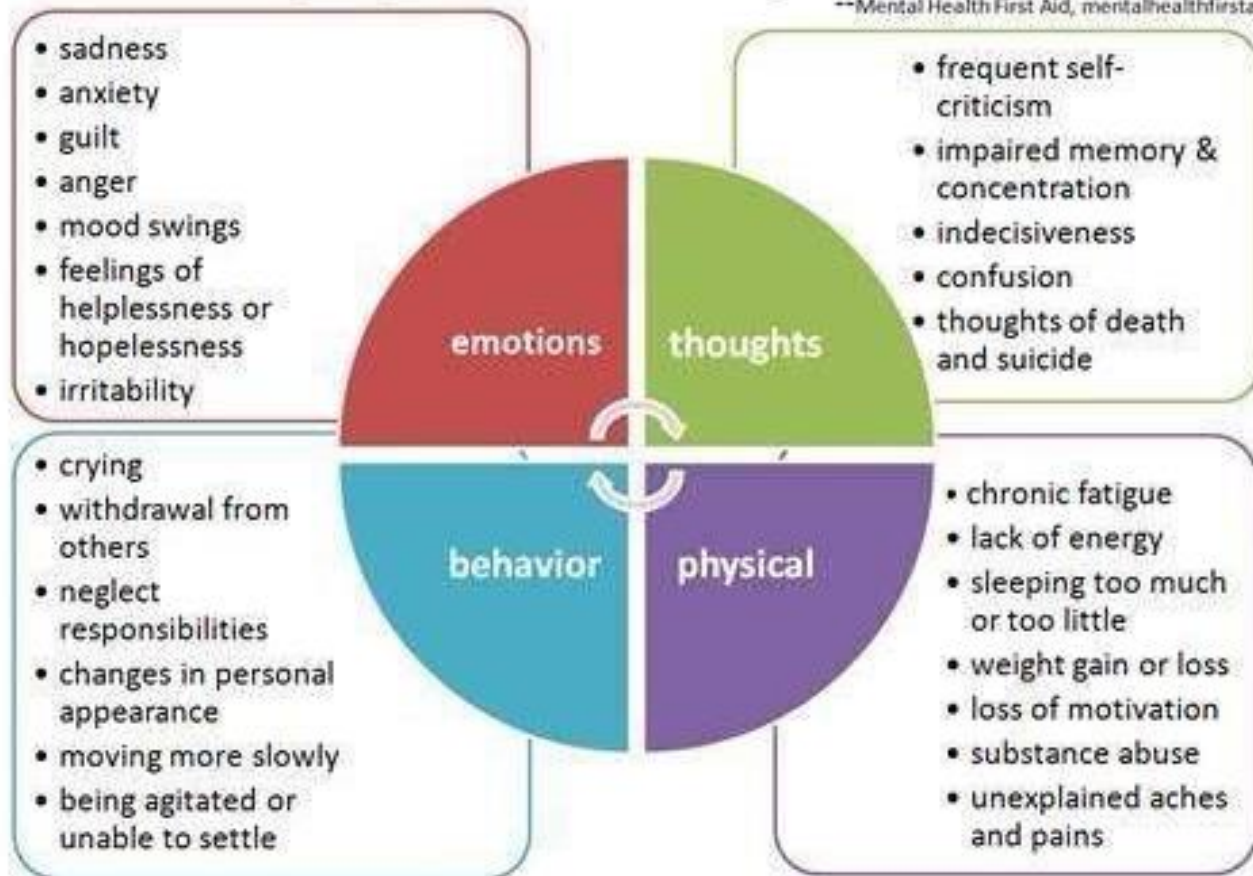
NATIONAL ASSOCIATION OF  
School Psychologists

For additional guidance, visit  
[www.nasponline.org/safety-and-crisis](http://www.nasponline.org/safety-and-crisis).

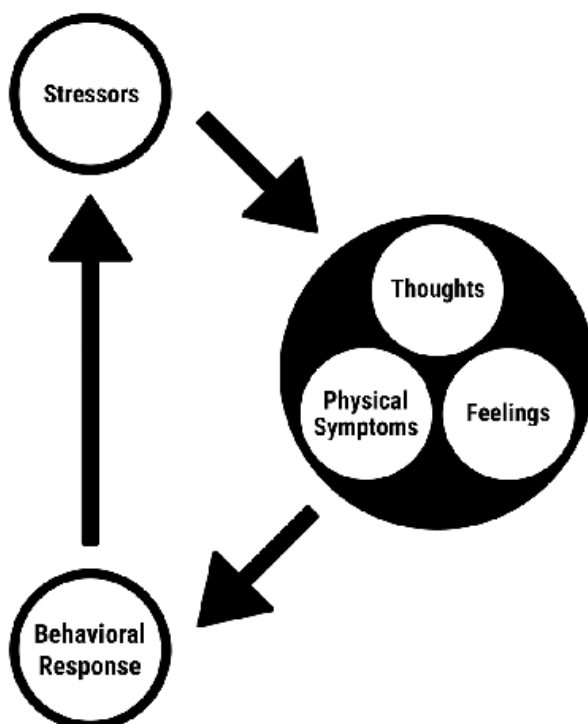
© 2021 National Association of School Psychologists, [www.nasponline.org](http://www.nasponline.org)

# Symptoms of Depression

→ Mental Health First Aid, [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)



## The Cycle of Depression



### Stressors

A stressor is any situation that causes strain or hardship. These may be short-term or long-term.

### Thoughts

Stressors often lead to negative thoughts, which may be irrational, or exaggerated.

- "I need to be perfect."
- "Nobody likes me."
- "I'm not good at anything."

### Feelings

The way a person thinks about something has a major impact on how they will feel, and vice versa.

- sadness
- hopelessness
- anger
- loneliness

### Physical Symptoms

The body responds to stressors, and negative thoughts and feelings, with physical symptoms.

- fatigue
- poor concentration
- sleep problems
- loss of motivation

### Behavioral Response

The way a person acts in response to thoughts, feelings, and symptoms may worsen stressors, or create new stressors.

- social isolation
- abusing drugs / alcohol
- neglecting daily tasks



# Self-Care Strategies For Resilience

While not a substitute for professional care, there are plenty of simple activities you can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don't be afraid to try something new.

**Here are a few self-care activities to help you take a step back, breathe, and focus on your well-being.**

## Mind

- Have a daily routine • Set goals each day
- Make a gratitude list • Take breaks
- Practice mindfulness • Read a book
- Develop a project, activity or new skill (e.g., painting, knitting, woodworking)
- Acknowledge something you did
- Schedule worry time • Journal
- Express your feelings

## Body

- Walk, exercise, go outside if you can
- Set a sleep routine, giving yourself time to rest and restore • Practice meditation and yoga
- Take deep, slow breaths • Take a bath or shower
- Eat something healthy • Drink a cup of tea
- Limit your caffeine and alcohol intake
- Put on your favorite song and dance

## Soul

- Ask for help • Donate to a cause
- Tell someone you love them
- Reach out to someone who may need you
- Follow "feel good" social media
- Set boundaries for yourself • Write a poem or short story • Share something special
- Connect with whatever inspires you

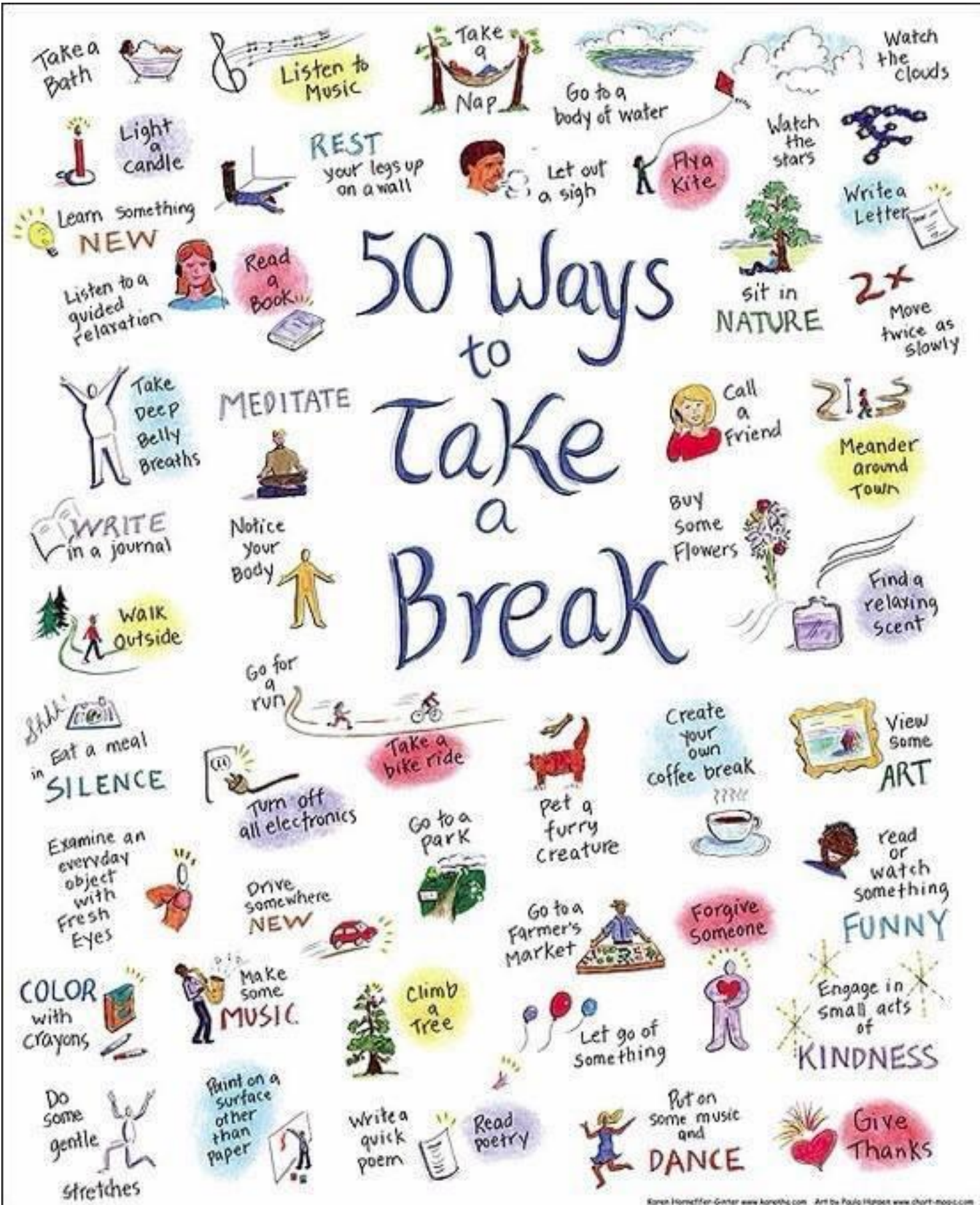
## Surroundings

- Create a "retreat" space
- Make your space comfortable and safe
- Display something you like to look at
- Watch your favorite movie or show – or something you've been meaning to see
- Join a virtual gatherings

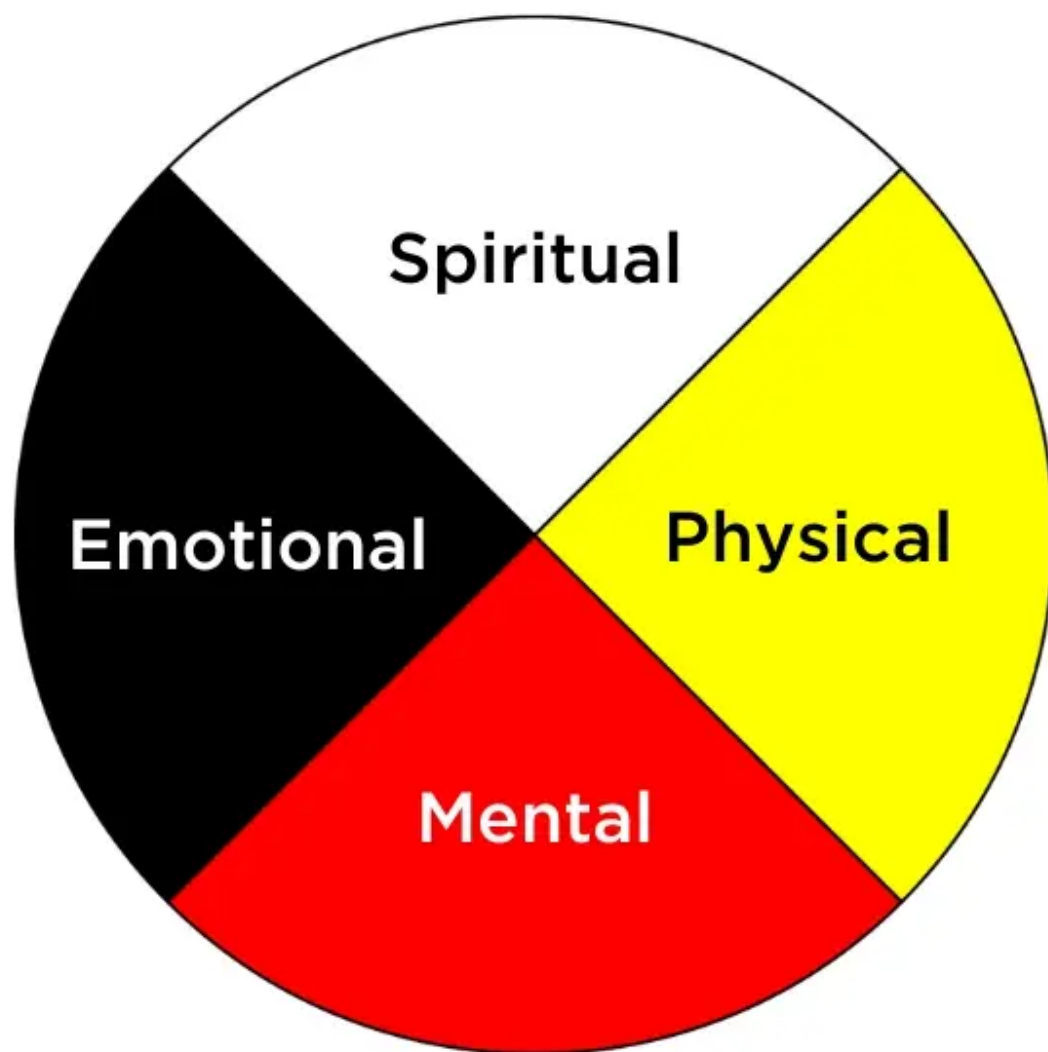
*#keepgoing*

Continued >









## **Spiritual**

- Smudging
- Drumming or singing
- Playing music
- Creative arts (e.g., beading)
- Attending ceremonies

## **Physical**

- Yoga
- Walking outdoors
- Personal hygiene
- Eating mindfully
- Dancing

## **Emotional**

- Connecting with loved ones
- Watching emotional or humorous content
- Meditation
- Expressing care
- Seeking support

## **Mental**

- Supportive conversations
- Consulting a mental health professional
- Journaling
- Meditation
- Painting or beading

# Elder Abuse



## What is Elder Abuse?

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Commonly recognized types of elder abuse include physical, psychological and financial. Often, more than one type of abuse occurs at the same time. Abuse can be a single incident or a repeated pattern of behaviour. Financial abuse is the most commonly reported type of elder abuse.

## 7 Distinct Types of Elder Abuse

1. Physical Abuse
2. Sexual Abuse
3. Neglect
4. Self-Neglect
5. Abandonment
6. Emotional or Psychological Abuse
7. Financial Abuse

## What Are Indicators of Elder Abuse and Neglect?

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected.

- Fear, anxiety, depression or passiveness in relation to a family member, friend or care provider;
- Unexplained physical injuries;
- Dehydration, poor nutrition or poor hygiene;
- Improper use of medication;
- Confusion about new legal documents, such as a new will or a new mortgage;
- Sudden drop in cash flow or financial holdings; and
- Reluctance to speak about the situation



## **Scams Targeting Senior Citizens**

When it comes to scamming seniors, most scam artists are limited to a few specific goals:

- Identity Theft... Many scammers' goals are simply to collect as much information as possible about the senior. Such as one's address or date of birth, in order to commit identity theft,
- Easy Money... the other main goal of scammers is to get quick, easy, non-traceable money. This is why scammers often ask for money orders. Never send money through wire transfer without knowing for certainty who you are sending the money to, and to get the help of your bank to confirm security details.

## **Common Scams To Be Aware Of**

1. 'I'm calling from the bank' schemers contact victims about alleged problems with a bank account of funds, sometimes originating as text messages asking for contact via telephone. The scam is looking for personal information, including bank account and credit card information, to take your money.
2. Charity scams can happen at any time, but are frequent after disasters when generous people want to help others; the funds wind up in scammers' pockets. While some charities do accept donations via telephone, when in doubt, call them back on a verified line to make a donation.
3. Debt scammers use fear to trick victims into forking over money. Sometimes posing as collection agencies, they urgently request payment of a supposed debt and even threaten legal action should victims fail to pay. They may also offer to write off supposed debt, which does not exist, in exchange for a smaller payment. In this case, demand the name, address and phone number of the caller, as well as the exact amount of debt, the name of the creditor and a validation notice that collection agencies are legally required to provide. If the caller cannot provide this, it is a scam.
4. In family emergency schemes, scammers try to impersonate family members requesting money, claiming poverty or legal trouble. Seniors should be aware that a common scam is pushed by scammers claiming to be a grandchild. In these cases, disconnect and call the real relative, who will probably know nothing about the claim

# BUDGET PLANNER

INCOME	AMOUNT

[illegible][illegible]

DEBT	AMOUNT

[illegible]

SUMMARY	AMOUNT
INCOME	
BILLS	
SAVINGS	
EXPENSES	
DEBT	

# Monthly Budget Tracker

**MONTH OF:** \_\_\_\_\_

DATE	DESCRIPTION	CATEGORY	AMOUNT

**Total Amount:** \_\_\_\_\_

## 9 Simple Steps for Creating and Using a Budget

### Step 1: Choose a Budget Tool

You need a way to track how much money you make and spend. You can use a **budgeting app** on your phone, or simply use **paper and pen** if that's easier for you.

### Step 2: Set Financial Goals

Think about what you want to save for, like an emergency fund, buying a house or car, paying off debt, or saving for retirement. Set a goal and a time to achieve it.

### Step 3: Gather Your Bills

Collect your important bills and documents to help you know exactly what you owe. This includes bank statements, pay stubs, rent or mortgage payments, utility bills, and credit card statements.

### Step 4: Calculate Your Monthly Income

Use the money you take home after taxes (net income) to start your budget. If your income changes each month, use the lowest amount you've earned in the last 3 months to be safe.

### Step 5: List Your Monthly Expenses

Write down all the things you pay for each month, like rent, utilities, food, gas, and insurance. For things that change each month (like groceries), look at what you've spent in the last few months and get an average.

### Step 6: Organize Your Expenses and Set Limits

Group your expenses into categories: things you must pay (like rent) and things that change (like food or gas). Set limits on how much you can spend in each category.

### Step 7: Adjust Your Budget

After tracking your budget for a month, see if you are spending too much. If you are spending more than you make, look at areas where you can cut back, like dining out or shopping. You may need to adjust your budget.

### Step 8: Use Your Budget

Start following your budget. Track your expenses every day, so you know how much you've spent in each category. This will help you stop overspending.

### Step 9: Stay Accountable

Stick to your budget by being honest with yourself about your spending. You can set reminders, automate payments, or review your budget each month to make sure you're on track.

If you find you're spending too much, consider these tips:

- Avoid using credit cards if you can't pay them off right away.
- Think carefully before making big purchases.
- Plan your meals to save on food costs. (Use online tools like "ChatGPT" to find easy recipes. You can input the ingredients you have on hand or that are on sale in store. It will automatically provide you with easy recipes that include those foods)



## **Emergency Numbers**

### **Sucker River**

Sucker River Band Hall Toll Free Number	306-425-4113 1-888-425-4113
Sucker River Fire Hall	306-425-8061
Sucker River Clinic	306-425-5591
Sucker River CFS - Prevention Services - Family Services	1866-755-5554 Toll Free Number 306-425-3657 306-425-3633 306-420-8421 306-420-8492
Sucker River Security	306-425-0043/306-425-0310
Sucker River Maintenance	

### **Grandmothers Bay**

Grandmothers Bay Band Hall Toll Free Number	306-635-2069 1-866-635-2069
Grandmothers Bay Fire hall	
Grandmothers Bay Clinic	306-635-4440
Grandmothers Bay CFS - Prevention Services - Family Services	1-866-755-5554 Toll Free Number 306-635-4414 306-635-2688 306-635-7894 306-635-7530
Grandmothers Bay Security	306-635-8383
Grandmothers Bay Maintenance	306-425-0646

### **Little Red River**

Little Red Band Hall Toll Free Number	306-982-4294 1-866-982-2499
Little Red Fire Hall	
Little Red Clinic	306-982-4294
Little Red CFS - Prevention Services - Family Services	1-866-755-5554 Toll Free Number 306-982-2314 306-941-8461 306-941-8527
Little Red Security	
Little Red Maintenance	

## La Ronge

La Ronge Band Office Toll Free Number	306-425-2183 1-800-567-7736
La Ronge Fire Hall	
La Ronge Health -Jeannie Bird Clinic -La Ronge Hospital	306-425-5520 306-425-2174
La Ronge CFS - Main Office - River Office	1-866-755-5554 Toll Free Number 306-425-5511 306-425-1055
La Ronge RCMP	306-425-6450 (on reserve) 306-425-6730 (off reserve)
La Ronge Security - Supervisor 1 - Supervisor 2	306-425-9821 306-425-0311 306-425-0043
La Ronge Public Works/Housing	306-425-7723

## Hall Lake

Hall Lake Band Hall Toll Free Number	306-425-4797 1-877-995-9926
Hall Lake Fire Hall	306-425-5545
Hall Lake Clinic	306-425-8075
Hall Lake CFS - Prevention Services - Family Services	1-866-755-5554 Toll Free Number 306-425-3536 306-420-5248 306-420-8498
Hall Lake Security	306-420-9211
Hall Lake Maintenance	306-425-5545