

Community Action
Port Alberni
Team



Area

- Port Alberni is situated on the unceded territories of the Tseshaht & Hupacasath First Nations, of the Nuuchahnulth First Nations
- Regional District includes Sproat Lake, Beaver Creek, Cherry Creek



BC Coroner's Report	Central Island Illicit Drug Toxicity Deaths	Difference
2019	36	
2020	58	61% increase
2021 to date (to Sept 30, 2021)	45	

Central Vancouver Island – Deaths from lethal drugs

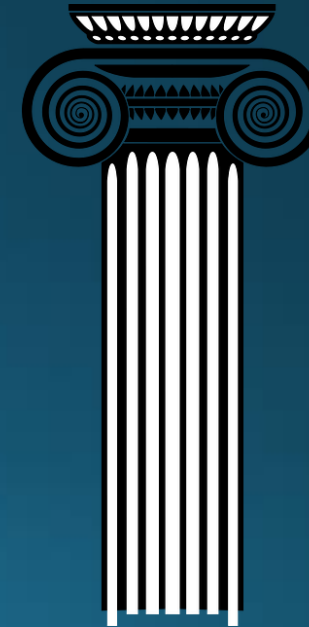
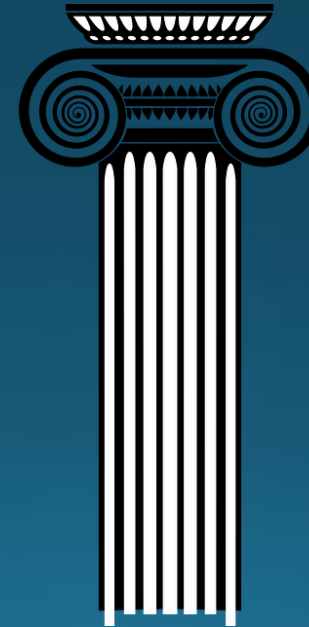
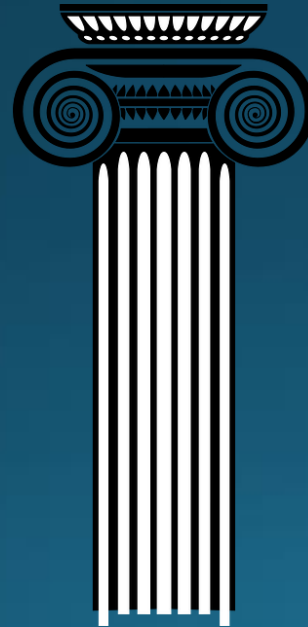
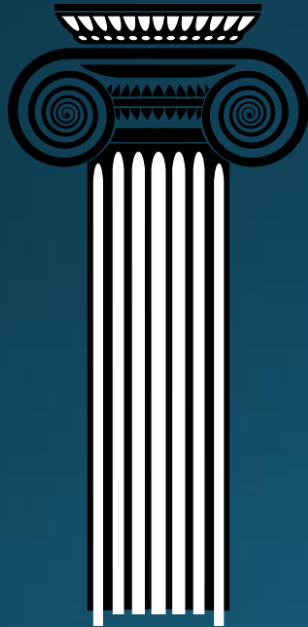
Source: <https://www2.gov.bc.ca/assets/gov/birth-adoption-death-marriage-and-divorce/deaths/coroners-service/statistical/illicit-drug.pdf>

Harm
Reduction

Stigma
Reduction

Network
Building

Social
Supports



Harm Reduction

Through a cultural safety and humility and I human rights-based approach lens:

- Developed and supported the Bridging the Gap program (now funded by the Salvation Army), coordinated by a peer coordinator with lived experience, and current family living experience. The peer coordinator is part of all PA CAT work and meetings, and ensures meetings are grounded in sound peer knowledge and understanding .
- Developed *Families Helping Families* – a support group now called *Holding Hope*, aligned with the national organization - Mom’s Stop the Harm. Families Helping Families conducted monthly support group meetings, *Holding Hope* (formerly part of Families Helping Families)
- Worked closely with NTC & FNHA to include a harm reduction worker at the PA CAT table.
- Applied for FNHA funding to support existing First Nations peer group and utilize First Nations Peer Led survey report; Humans First .

SOMETIMES LIFE IS A
MATTER OF MILLILITRES

KNOW WHAT TO DO IN THE CASE OF AN

OVERDOSE



Stigma Reduction

Through a cultural safety and humility and I human rights-based approach lens:

- Engaged with a wide distribution list (95 PA CAT members) in the form of monthly and working group meetings. agendas and meeting minutes.
- Produced “Learning Moments” articles (33 articles with 8,269 people having read them). <https://ptalbcac.blogspot.com/>
- Conducted a highly successful anti-stigma campaign on social media, using a Human Rights based approach to advocating for people who have substance illness.
- Engaged with the larger community through the PA CAT webpage: <https://ptalbcac.blogspot.com/> and the Port Alberni CAT Facebook Page: <https://www.facebook.com/CATportalberni/> (364 members).
- Created a permanent visual display (white doves) of lives lost in our community at the Bread of Life, and a window at Windows of Hope on 3rd Avenue.

Learning Moments

- Articles – Written by People With Lived Experience
- For People Living With Family Who Have Concurrent Disorders
- Lay Language – 2 Types – Opinion & Researched
- All Aspects of MHSU
- <https://ptalbcats.blogspot.com/>



Learning Moments

[HTTPS://PTALBCAT.BLOGSPOT.COM](https://ptalbcats.blogspot.com)



The Underbelly Of Stigma



Systemic Stigma

Written by and for people with Lived Experience - Port Alberni Community Action Team - Families Helping Families

Today's Learning Moment – 08 23 21 Issue The Underbelly - Systemic Stigma

In recent articles, we've been highlighting all the aspects of the stigma that happens to people and families with mental health and substance use disorders. That's because it's so destructive to people suffering from MHSU and their families. Most types of stigma are pretty easy to recognize, however, there is one side of stigma that is insidious. It sits behind all the other types, festering people's thoughts, attitudes and behaviours.

Systemic stigma sets up how all other stigma drives individual attitudes and beliefs, but it is also the



Engagement & Networking

Through a cultural safety and humility and I human rights-based approach lens:

- Convened a monthly CAT meetings (95 partners)
- Convened a First Responder working group meeting (RCMP, Port Alberni Fire Department, and BCEHS)
- Encouraged & developed peer engagement through the following working groups:
 - Bridging the Gap
 - Indigenous Peers
 - Families Helping Families
- Engaged with Indigenous organizations & the Bread of Life

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Social Stabilization

Through a cultural safety and humility and I human rights-based approach lens:

- Increased our network of partners at the PA CAT table (95) and accessed the trusted table to action items that are peer reviewed and supported.
- The PA CAT advocates for peers in community by engaging and leveraging relationships and requests for funding and supports. Examples are:
 - A Blueprint for Social Stabilization on the Overdose Crisis to MP, MLA, and Mayor -
 - Intent to rent policy - Ministry of Social Development and Poverty Reduction and Vancouver Island CAT Leadership
 - Strengthening Communities support for grant funding City of Port Alberni
 - AVICC – Letter of Support for Port Alberni Detox resolution
 - BC Ministry of Mental Health and Addictions - Secure Care of Youth

Port Alberni Community Action Team

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