

## Cowichan Community Action Team Priority Actions and Goals 2022-23

Goal 1: To Improve the health and wellbeing of individuals who use drugs by enhancing peer engagement projects

Actions:

- a. Maintain hours and capacity of peer facilitator
- b. FNHA Peer Grant to work with FN peers to determine what would work for them.
- c. Funding and training to support peer employment
  - a. Sharps team
  - b. Support at OPS
  - c. Naloxone training and harm reduction
  - d. Neighbourhood clean-up and guardians
- d. Ongoing stigma awareness and mitigation efforts along with community organizations
- e. Elder to work with First Nations peers to enhance connection to culture and teachings
- f. Organizations able to take on peer projects to expand scope- working with community partners to explore options for roles for peers within their organizations and programs
- g. Providing access to daytime drop in space with support staff
- h. Maintaining peer representation on the Leadership Committee and CAT table
- i. Advocate for identified health and wellness needs for peers including housing, healthcare, treatment

Goal 2: To increase educational opportunities for peers, frontline workers and community

Actions:

- a. Small Group Naloxone Training for all front-line staff and community agencies via peer network
- b. Provide information on training opportunities
- c. Increasing training on trauma informed practice
- d. Increasing training on Mental Illness and best practices for response
- e. Distribution of Survival Guide
- f. Sharps collection not being dangerous- how to pick up safely. Including many strategies such as
  - a. Via initial contact of individuals reporting sharps
  - b. Via face to face work with local business
  - c. Barefoot in the Park
  - d. Via all forums, events and dialogues with community
- g. Learning more about brain injury- providers/ people with lived experience
- h. Anti-stigma education

Goal 3: To reduce the number of individuals who are using alone

Actions:

- a. Explore means to connect to trades, industry and business
- b. Increase awareness of projects that follow through with individuals after attending the ED or Ambulance

#### Goal 4: Advocate for the Creation of Cowichan Treatment and Recovery Programs

##### Actions:

- a. The establishment of a Daytox program in Cowichan
- b. Community Programs in rural areas
- c. Safe Places for People in Recovery to go away from individuals who may be using
- d. Connection to traditional and cultural teachings

#### Goal 5: To address stigma through a communications strategy

##### Actions:

- a. Establish factual shared messages that can be distributed via all CAT partners and organizations in their communications. All community partners share the same messaging through social media accounts and weekly newsletter
- b. Community forums and events such as harm reduction mentioned in Goal 2
- c. Education working with peers, families, community agencies and local governments to ensure information is being distributed
- d. To convey positive stories and reduce the number of stigmatizing photos

#### Goal 6: To engage with youth with a focus on prevention

##### Actions:

- 1. Prevention- working in schools on vaping, substance use, and stigma; to include a peer component
- 2. Identifying youth at risk through community partners, youth outreach, RCMP and families
- 3. Through Housing First for Youth initiative support youth who are currently using substances with enhanced efforts from wrap around services
- a. Working with Housing First for Youth team to establish a youth safe space