

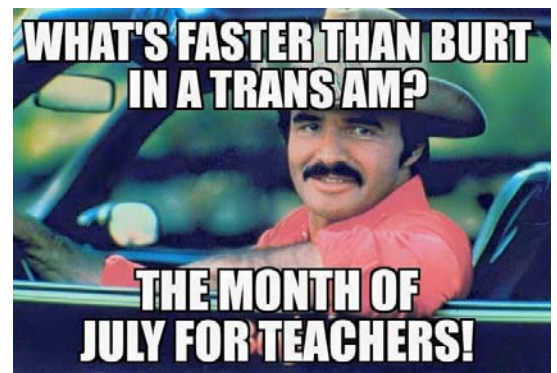
# WELCOME BACK

All stakeholders create a culture of learning so that students come first.

- ◆ Welcome Back Everyone!! Hard to believe that the summer holidays are over and another school year is upon us! I hope that all of you had a relaxing and restful summer! There is definitely an air of excitement going into the 2017-2018 school year with a number exciting opportunities for the Keewatin Patricia District School Board.
- ◆ As many of you are already aware the KPDSB has a Mental Health and Addictions Strategic Plan. This plan which was created for 2016-2019 is updated each school year. To the right you will see the three main goals that we will continue to focus on throughout this school year.
- ◆ Additional action items embedded within the strategic plan also include the continuation of Becoming a Trauma Informed Board. The partnership between KPDSB and CAMH will continue with a focus on continued training for staff including the development of training webinars, and a board trauma informed self-assessment.
- ◆ We are continuing to ensure that 1-2 staff at each school are trained in ASIST. We will also have our new ASIST trainer Sheri Blake offering the two day sessions throughout the year. If you are interested in suicide intervention training please talk with your school principal.

## 2016 - 2019 KPDSB Mental Health Strategic Plan Goals

1. Building Organizational Mental Health and Well-Being Structures
2. Increasing Mental Health Literacy
3. Changing Classroom Climate



## What to Watch for in 2017 – 2018

- Results of the 2016-2017 Daily Physical Activity Pilot (DPA), in partnership with the NWHU, are currently being assessed and reviewed. Please watch for more information from Director of Education Sean Monteith
- Student Mental Health Focus Group resource development for Students
- Student Mental Health Focus Group participation in Children's Mental Health Week
- Naloxone Kits in KPDSB schools with training provided by the NWHU (see next page)
- SMHA and CAMH Opioid Fact Sheets for Students, Families and Educators
- Mental Health and Trauma updates and resources provided by school Mental Health Champions
- Mental Health resources for Parents (watch for new tab on KPDSB website)
- Bullying Resources for Students
- Fifth Hammer Mental Health Ads for Secondary School Hallways and Bathroom Stalls (see images below)



# Naloxone Kits

In partnership with the Northwestern Health Unit (NWHU) and the KPDSB, Naloxone Kits will be provided in KPDSB elementary and secondary schools (upon request and need). These kits are used to prevent an opioid overdose. Naloxone is a safe medication, that starts to work in 1 to 5 minutes, is easy to administer and has no abuse potential.

*Why Naloxone Kits at School???.*.....Rates of opioid use and overdose by opioids continues to increase, opioids are also relatively easy for youth to access from home, friends and members of the community, administering naloxone can save a life.

**TRAINING** The NWHU will be provided training on the use of the Naloxone Kits

**WATCH FOR** Opioid Fact Sheets for Students, Families and Educators coming soon

**Peel** back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

**Place** and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

**Press** the plunger firmly to release the dose into the patient's nose.

**Repeat** if no response in 2 mins or if ODs again. Alternate nostrils.



**DO NOT ADMINISTER WITHOUT TRAINING**

## 5 steps to save a life

**1** **Shake** shoulders **Shout** their name

**2** **Call 911** if unresponsive

**3** **Naloxone**  
 • place person on their back  
 • insert nozzle into nostril  
 • spray firmly

**4** **Start CPR**  
 push hard and fast on the centre of the chest and rescue breaths

**5** **Is it working?**  
 if no improvements after 3 minutes:  
 • administer a 2nd dose  
 • continue with chest compressions until EMS arrives

## SIGNS of OPIOID OVERDOSE & the RECOVERY POSITION

**Opioids include**

OxyContin/OxyNEO, Fentanyl, Heroin, Percocet, Dilaudid, Codeine, Morphine, Methadone, Suboxone and Hydromorph.

\*Naloxone only works for opioids

**Signs of Opioid Overdose**

- Can't wake the person up
- Breathing is very slow, erratic or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- Body is very limp
- Pupils are very small

### Recovery Position

Put person in recovery position if:  
 • Unconscious and breathing  
 • You have to leave the person unattended

