

# ALL PATHS LEAD TO WELLNESS

SUPPORTING PEOPLE WHO USE SUBSTANCES



This image is meant to show the whole picture of what kind of supports are available for people who use substances. This expands on our knowledge beyond the typical detox and treatment, upholding Indigenous harm reduction and self-determination. On our healing journey we may choose to use one or many of these options and at different times. This model holds up areas of strength, areas for growth, and specific priorities to support a person while also using a community-centered approach to healing.

FOR MORE INFORMATION [fnha.ca/harmreduction](https://fnha.ca/harmreduction)



First Nations Health Authority  
Health through wellness

We need to offer support in a variety of ways. The categories and examples below reflect the wide spectrum of programs and services needed to meet people where they are at in their healing journeys.

Through engagement and conversation with people who will be using the services, we can expand programs and services to provide what they need while also keeping them safe.

## HARM REDUCTION

### MEETING PEOPLE WHERE THEY ARE AT

- Safe supply of drugs
- Compassion clubs
- Opioid agonist treatment (OAT), injectableOAT/ Tablet injectableOAT
- Overdose Prevention Sites (OPS) / Mobile OPS
- Harm reduction supplies
- Lifeguard app; Be Safe app
- Family safety plans
- Managed alcohol programs
- Inclusion in ceremony, cultural events, connection to land and culture
- Peer witnessing programs
- Ensuring basic needs i.e., food, shelter, access to healthcare

## STABILIZATION

### ACCEPTING WHO AND WHERE WE ARE

- No-barrier and low-barrier programs
- Safe spaces with no programs / safe spaces with programming
- Low-barrier housing and shelter
- Paid for beds for stabilization through health authority
- Aunties, uncles, families, friends, community and peers
- Counselling
- Land-based healing, inclusion in ceremony, cultural events, connection to land and culture

## DETOX & WITHDRAWAL MANAGEMENT

### SUPPORT FOR REDUCING OR STOPPING USE OF ALL OR SOME SUBSTANCES, AND MANAGING THE HARMS OF STOPPING

- Withdrawal from one drug or withdrawal from all drugs
- Mobile programs / in-home programs
- Medical detox programs
- Land-based programming
- Traditional medicines
- Alone / cold turkey
- Managed decrease of use / tapered use of medications
- Managed alcohol programs



## PROGRAMS

### LEARNING ABOUT NEW SKILLS, TIPS AND TOOLS WHILE CONNECTING AND GROWING

- On-the-land programming
- Teachings / cultural activities and programming
- Virtual programs
- In-community programs
- Health authority services
- Not-for-profit organizations
- Community addiction workers
- Support groups
- Outreach programs
- Peer programs
- Family focused programming

## TREATMENT

### INTENSIVE OR FOCUSED HEALING OPTIONS

- Treatment and healing centres
- Provincial and regional health treatment centres
- Private centres
- Land-based treatment
- In-community treatment programs
- Mobile treatment programs
- Out-patient programs
- Counselling
- Peer assisted programs
- Ketamine/psilocybin assisted therapies
- Compassion clubs

## RECOVERY SUPPORTS AND AFTERCARE

### ONGOING SUPPORTS AND PROGRAMS TO HOLD PEOPLE UP

- Alcoholics Anonymous
- Narcotics Anonymous
- Wellbriety
- SMART Recovery
- Inclusive ceremony
- Trauma programs
- Peer programs
- Community activities / community based programming / Elders / teachings
- Employment / education
- Peer programs