

Substance Use Health & Recovery at UBC Vancouver



Coast Salish Territory



Context



General Post-Secondary Substance Use

- **Canadian post-secondary students aged 17 - 25 (2019/20) in the previous year... (CPADS)**
 - 84% drank alcohol
 - 48% used cannabis
 - 15% used other illegal drugs
- **Since COVID began, people aged 12 - 24 have reported... (MHCC & CCSA)**
 - worsening mental health
 - increasing substance use



Figure 1: Illicit Drug Toxicity Deaths and Death Rate per 100,000 Population

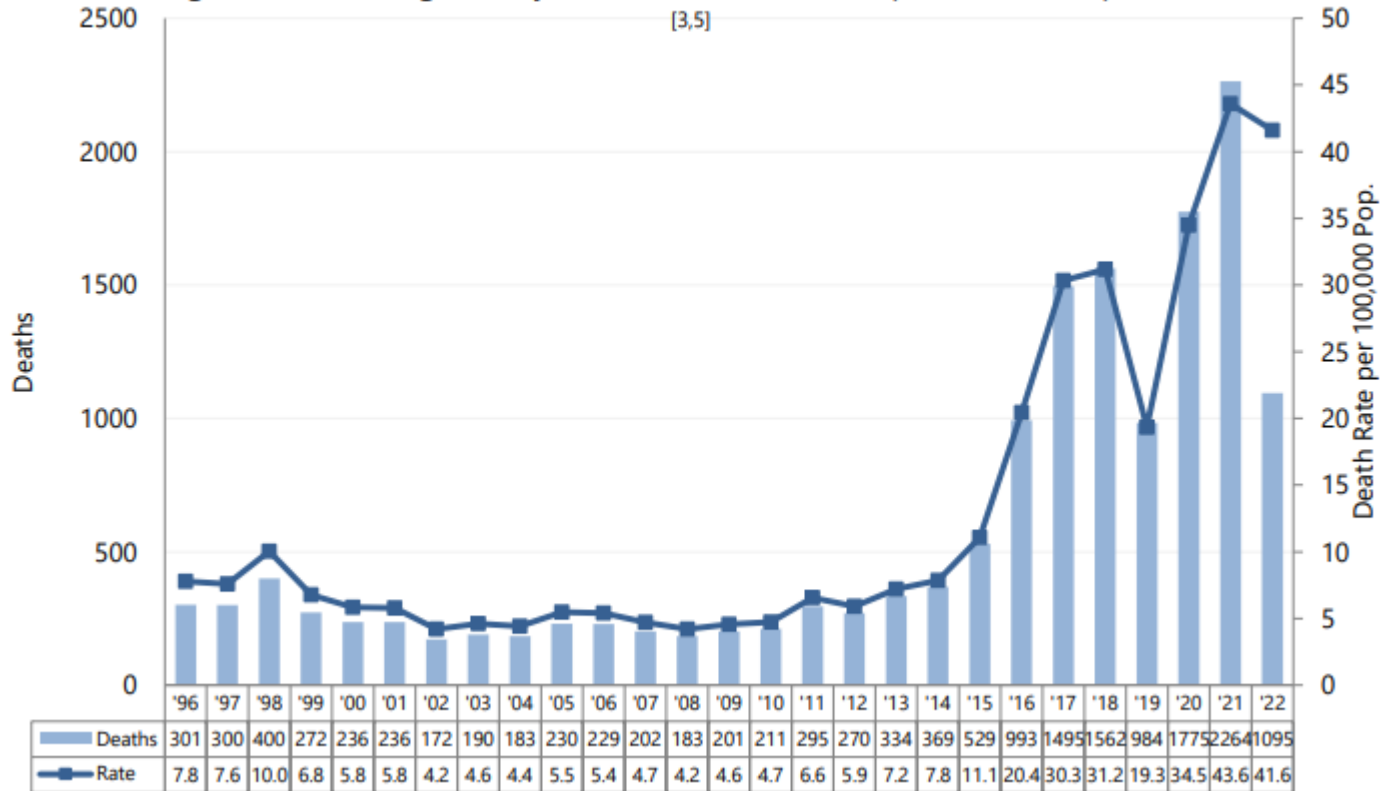







IMAGE	DETAILS	SOLD AS	RESULTS	TEST STRIP RESULTS	NOTES	LOCATION	DATE	
	Category: Stimulant Light Yellow Chunk	Cocaine Base	Erythritol Caffeine Fentanyl or Analog	45-50% 30-35% 20-25%	Fentanyl: Positive Benzodiazepine: Positive	Benzodiazepine positive down being sold as cocaine base presents a high risk of opioid overdose to the unsuspecting consumer. It's also a depressant being sold as a stimulant which could produce unexpected results for the consumer.	Vancouver, BC	12/19/2022
	Category: Stimulant White Crystal	Methamphetamine	Methamphetamine Caffeine Uncertain Match	60-65% 25-30% 5-10%	Fentanyl: Positive Benzodiazepine: Positive	Methamphetamine that is positive for both fentanyl and benzodiazepines increases the risk of complex overdoses, especially in consumers without an opioid and benzodiazepine tolerance.	Vancouver, BC	12/19/2022
	Category: Depressant White Chunk	Alprazolam	Microcrystalline Cellulose Uncertain Oil Uncertain Match	85-90% 5-10% 5-10%	Fentanyl: Positive Benzodiazepine: Negative	This sample unexpectedly contained fentanyl instead of benzodiazepines. Consuming fentanyl unexpectedly can lead to an overdose.	Vancouver, BC	12/10/2022
	Category: Opioid Light Green Granules	Down	Caffeine Fentanyl Erythritol Xylazine	45-50% 30-35% 10-15% 5-10%	Fentanyl: Positive Benzodiazepine: Positive	The combination of xylazine, fentanyl, and benzodiazepines can cause complex overdose situations. Xylazine is a vet sedative not approved for human use.	Vancouver, BC	12/10/2022
	Category: Opioid White Tablet Code: Blue	Oxycodone	Microcrystalline Cellulose para-Fluorofentanyl	90-95% 5-10%	Fentanyl: Positive Benzodiazepine: Positive	Imprint: S S / 20 This sample unexpectedly contains both fentanyl and	Vancouver, BC	12/09/2022



Stigma in Post-Secondary Settings

- Post-secondary settings are stigma-heavy environments
- Students are a hidden and vulnerable population
- Left without support, students are at high risk
- 100% of students interviewed identify UBC as a recovery-hostile environment and report experiencing stigma/discrimination based on their recovery identity at UBC.



Substance Use Health

All UBC students deserve access to physical, mental and substance use health services, supports and resources to help them live well and have a flourishing life. This includes education and policies that enable a community to support all its members regardless of where they are across a spectrum of use.

This includes:

- Centering people with lived and living experience
- Centering equity and intersectional approaches
- Addressing public, self and structural stigma



Substance Use Health Programs

- No substances used

No Use

Beneficial Use

- Use that has positive health, social or spiritual effects (e.g., medication used as prescribed, coffee/tea, ceremonial use of traditional medicines such as ayahuasca or peyote)

- Informed, decision-based use that understands and mitigates the risks involved (e.g., following Canada's Low-Risk Alcohol Drinking Guidelines)

Low-Risk,
Casual Use

High-Risk Use

- Use that may have negative health and social effects but does not meet the definition of substance use disorder (e.g., alcohol consumption above low-risk guidelines, impaired driving, etc.)

- A manageable medical condition that can include both psychological and physical dependence and negative health and social consequences

Substance Use
Disorder

Orientation programs

Stress and coping workshops

Academic Essentials

Party safe workshops

Party safe workshops

Student Life
Programming

Stress and coping
workshops.

Fentanyl test strips

Naloxone training

Counselling services

Counselling services

[HR SU Resources](#)

Clinical interventions
such as OATs

Community referral

[Drug checking services](#)

[Student Recovery Community](#)



Harm Reduction

1. A focus on harms
2. The involvement of people who use drugs
3. Alignment with human rights
4. Alignment with public health aims
5. Value neutrality and non-judgement
6. Being practical and pragmatic
7. Innovative and adaptive

EXAMPLES OF HARM REDUCTION IN OTHER AREAS



SUN
SCREEN



SEAT
BELTS



SPEED
LIMITS



BIRTH
CONTROL



CIGARETTE
FILTERS



Education & Support at UBC



UBC's Response to Substance Use: Policy

- Alcohol Policy - SC9
- Smoking/Vaping Policy - SC2
- Sexual Misconduct - SC17

**THE GOOD SAMARITAN
DRUG OVERDOSE ACT
IS NOW LAW**

THE LAW SAYS:

If you are at the scene of an overdose and you or someone else calls 911 to get medical assistance, **you are not to be charged with simple possession** (possession for your own personal use) of an illegal substance.

You are also **not to be charged for breach of probation or parole** relating to simple drug possession.



 IF YOU SUSPECT AN OVERDOSE,
CALL 911
CALLING 911 SAVES LIVES

After calling 911, give **breaths** and **naloxone** if you have it.
Stay with the person until help arrives.



Decriminalization

Any drug that is not regulated can have fentanyl, benzos, carfentanil, etc. mixed in

January 31, 2023-2026: Decriminalization of possession of certain drugs for personal use (up to 2.5 grams total) for those 18+

- Still illegal
- No charges, arrest or having drugs taken away
- Offer information about health and social supports if requested



UBC's Response to Substance Use: Education

- Naloxone Training and Kits
- Booths and Workshops
 - *First Aid for the Toxic Drug Supply* Canvas Course
 - Professional development for staff/faculty
 - Safer Party Planning Workshops for event organizers
 - SRC Coffee Bike
- Toxic Drug Supply Educational Campaigns
- Decriminalization education



The Toxic Drug Supply in BC



Image Source: [Stevie D art via Jallaz](#)

Accidental drug poisonings have become a major public health crisis in Canada. In British Columbia, the number of opioid-related poisonings and deaths has increased since 2011 and rose dramatically in mid-2015. It was declared a public health emergency in April 2016. Over the past 6 years, the number of deaths, due to fentanyl and other drugs mixed into the drug supply, has risen and fallen, with the COVID-19 pandemic causing numbers to increase.

Who is being impacted?



January 24, 2023 | 2 mins read

How decriminalizing drugs in BC affects you



By **Thea Sheridan-Jonah**

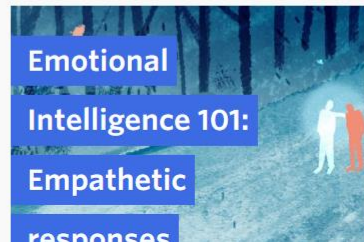
2nd year Arts student

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When I moved to Vancouver I was curious about harm reduction and drug policy. At the time I had a more stigmatized perspective and did not understand the harm

UBC's Response to Substance Use: Health

- Growing Student Recovery Community
- Naloxone and Fentanyl test strips
- Collaborating to offer drug checking on campus
- Professional development for health practitioners
- Students have access to:
 - Student Assistance Program
 - Counselling
 - Student Health Services



**Using drugs?
Know what's in them?
Get your drugs tested!**



Campus Collaborators

Student-led:

- UBC Social Justice Centre
- Canadian Students for Sensible Drug Policy
- FentaNIL Project UBC
- AMS Peer Support
- AMS Sexual Assault Support Centre
- UBC Psychedelics Society

Staff-led:

- Student Recovery Community
- Student Health Service
- Counselling Services
- Health Promotion and Education
- Student Housing – Residence Life
- Centre for Student Involvement and Careers
- Student Communications



- The SRC's mission is to provide a community ***led by peers with lived experience***
- Students in recovery or curious to explore their relationship with drugs (including alcohol) and/or addictive behaviours can ***achieve their educational goals alongside recovery support*** and enjoy a genuine post-secondary experience.



SRC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
11-12 THE MARIJUANA MEETING	1-2 DROP-IN HOURS IN JEN'S OFFICE	6-7 WOMEN AND GENDER DIVERSE MEETING
3:30-4:30 TWELVE GENTLE STEPS RECOVERY MEETING	5-6 ALL RECOVERY MEETING	
THURSDAY	FRIDAY	
12-1 DISORDERED EATING MEETING	2-4 SRC LOUNGE DROP-IN HOURS	
3-5 SRC LOUNGE DROP-IN HOURS		

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**What
does the
SRC
do?**

**Weekly All-Recovery
Meetings**

**One-on-One Peer
Support /Mentorship**

Drop-in Hours

**Recovery Allyship and
Campus-wide
Destigmatization**





***UBC student
allies
volunteering with
the Coffee Bike
Outreach on
campus***



Thank you!

