



AN INFORMATION GUIDE FOR FAMILIES INVOLVED WITH A DRUG-RELATED DEATH

Victim Services Unit

95 Oak Walk Drive
Oakville, Ontario L6H 0G6
Phone: 905.825.4777 ext.5239

The Halton Regional Police Service is recognized as one of the leading police agencies in the areas of diversity and community policing initiatives, and is committed to ensuring Halton Region remains as safe tomorrow as it is today.

One Vision
One Mission
One Team

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WE ARE HERE TO HELP

We recognize this is an extremely difficult time for you. It is important for you to know that the Halton Regional Police Service is here to support you in any way possible in relation to the death of your loved one.

Our duty is to bring an appropriate resolution to the case by conducting a professional and thorough investigation.

This Guide for Families Involved with Losing a Loved One to a Drug-Related Death, will help explain the police response and the phases involved so you have a clear understanding of the process. Included are contact numbers, resource information, and what you can expect to unfold during a drug-related death occurrence.

If there is anything that you need to know that is not included in this guide, do not hesitate to ask. We are here to help.

Anyone with information pertaining to community safety is asked to contact police at (905)-825-4777 or Crime Stoppers "See Something, Hear Something, Say Something" at 1-(800)-222-8477 (TIPS), through the web at www.haltoncrimestoppers.ca.





WHO WILL BE INVOLVED?

The Halton Regional Police Service responds to all calls for service, including drug-related deaths. In these cases, various police officers, the Criminal Investigations Bureau, and, if needed, the Victim Services Unit, will be dispatched to the scene.

Criminal Investigations Bureau (CIB)

Criminal Investigations Bureau (CIB) members develop and initiate investigative projects, conduct follow-up investigations, and provide investigative support and mentoring to uniform patrol officers. Members collaborate with investigators from other Districts and other police services and conduct their investigations according to the highest standards of policing.

The Criminal Investigations Bureau (CIB) works in partnership with the Victim Services Unit here in Halton. They have the expertise to address any needs families may have and provide guidance and support throughout and beyond the initial event.

Victim Services Unit

The Victim Services Unit of the Halton Regional Police Service provides 24-hour crisis intervention to victims of crime and trauma through on-scene assistance, telephone support, and community referrals. Some of the services that may relate to family members of serious accident or fatality victims are listed below:

- Next-of-kin notifications for other family members, even outside Halton Region
- Liaison for the family with the Criminal Investigations Bureau
- Assist with arrangements after a drug-related death (e.g. media procedure, funeral assistance, etc.)
- Assist the family in explaining the investigation (if applicable) and general process in relation to the aftermath
- Referrals to various municipal, provincial, and federal finance programs to assist with funeral planning
- Referrals for bereavement counselling
- Support with notifying and supporting children affected by the drug-related death

Coroner

In Ontario, the Coroner is a medical doctor who has specialized training and is appointed to investigate circumstances surrounding a death. A Coroner is called to the scene of all drug-related deaths and is required to determine the cause of death of your loved one. In addition, the Coroner will also direct police with regard to the handling of your loved one.



THE CORONER/FUNERAL PROCESS

In all drug-related death circumstances, a Coroner can, at their sole discretion, order an autopsy (a post-mortem) as part of the investigative process. Post-mortems for the Region of Halton are now conducted at the Centre of Forensic Sciences (CFS) in Toronto. The timeline for all post-mortems is determined by the Coroner and CFS. A post-mortem will not generally affect the family's ability to view the body; however, it is important to be aware that viewing your loved one immediately following a medical examination such as a post-mortem may be emotionally difficult. Information pertaining to the death may be obtained from the Coroner, sometimes at the scene but also in the days following.

Upon written request, the designated next-of-kin can obtain a copy of the Coroner's investigation statement; however, it can sometimes take more than eight (8) months for the final report to be compiled and released once all the testing has been completed. Sometimes, reading an official Coroner's report can be upsetting or traumatizing for a family. It is a personal choice whether you and your family wish to read the details described in the report, or whether you would prefer to converse with the Coroner directly to have your questions answered. The Victim Services Unit is available to assist with this process, if needed.

The Death Notification

As soon as it is known who the next-of-kin is, the Officer in Charge (OIC) or their designate will formally notify you. In most cases, a member of the Victim Services Unit will also attend to provide emotional and practical assistance.

Next-of-Kin Notification

Once members of the Halton Regional Police Service identify the victim (often done using evidence at the scene, witnesses, or other victims), family members would be notified. The Halton Regional Police Service recognizes this is a very difficult visit to make and therefore utilizes all available resources in an effort to best support these family members. This is done by attending the residence with a member of the Victim Services Unit who is trained in providing immediate support in situations such as these. If additional family members are identified at this time, the Halton Regional Police Service and the Victim Services Unit may attend those locations, if requested. If next-of-kin reside outside of the Region of Halton, efforts will be made to contact other police and Victim Service agencies.

It is important that the designated next-of-kin is able to make all necessary decisions with respect to their loved one and relay these decisions to HRPS detectives. Any questions or concerns, as well as follow-up required, will be addressed through this family member to prevent misinformation and duplication.



Will I Have to Identify the Body?

Yes, you may potentially have to identify your loved one. If the police are unable to make a positive identification, the law requires a family member to do so. If you do not wish to take part in this or are unable to, another family member or family friend who knew your loved one can do so on your behalf. The identity of that person will need to be verified by the police before they can identify the body. If you wish to identify the body, you may bring a support person with you or ask that Victim Services attend with you.

What Happens When I Identify the Body?

Depending on the circumstances, a police officer may accompany you to the scene, hospital or CFS and a Victim Services worker may also attend. In an effort to help prepare you, a member of the Coroner's Office will describe the injuries your loved one has received and ask if you wish to view photographs of the body. After this, you will be permitted to see the body to identify your loved one. If technology supports this option, you may view the body over a video monitor to make the formal identification.

It is important to note that you may not be able to touch the body of your loved one. This is to protect any evidence collected from being contaminated or compromised.

What If I Do Not Want an Autopsy?

The law may require an autopsy and empowers the Coroner to make the final decision about whether or not an autopsy should be performed. If you have any specific concerns or are opposed to an autopsy for any reason, you can bring these forward to the Coroner so they can take them into account when making their decision.

Can I See the Body?

Yes. Once a Pathologist has completed their investigation, your loved one will be transferred to a funeral home, and you will be able to see them there. The timeframe can vary, depending on the circumstances surrounding the death of your loved one.

How Do I Find Out About the Autopsy Results?

Once the port-mortem or autopsy has been completed, the Coroner or the Officer in Charge may be able to provide you with a preliminary report on the cause of death. However, evidence cannot be shared. The toll-free number to inquire about the final report is 1-877-991-9959.



Releasing the Body

As soon as the autopsy is complete, your loved one can usually be released to the funeral home of your choice.

The Funeral

Once your loved one is at the funeral home, you can proceed with your funeral plans.



MAKING FUNERAL ARRANGEMENTS

Once the Coroner completes the post-mortem, generally within a few days following the death, your loved one will be released to the funeral home or other service provider of your choice. As noted above, funeral arrangements can begin to be made as soon as you and your family are ready. Choosing a funeral home or crematory service can be done by looking in the yellow pages, searching online, or by recommendations received from friends and family. A spiritual or faith leader may be able to make a recommendation as well. Some families make their selection based on geographical proximity. Once a funeral home has been selected, you will need to phone them and arrange an appointment within the next few days. The Victim Services Unit is available to support you in selecting and contacting a funeral home, if needed.

Topics that may be discussed during the meeting with the funeral home:

- Suitable dates and times for a ceremony, if desired
- Clothing choices for your loved one
- A designated charity for memorial donations, if desired
- Financial arrangements (Please contact the Region of Halton by calling 311 if you believe you will require financial support to afford a funeral)
- Burial/cremation, visitation, and viewing options
- Types of services you would like (e.g. style of service, religious/non-religious, cultural requests, etc.)



INTERNATIONAL STUDENT OR VISITOR

Unfortunately, on occasion, international students or visitors to Ontario die suddenly, and their loved ones will require funeral and repatriation information. Repatriation is the process of returning the deceased loved one to their family in their country of origin. Generally, in these cases, a local funeral home would assist in making these arrangements. These arrangements would include air transportation for either cremated or non-cremated remains.



FINANCIAL ASSISTANCE

The financial burden of dealing with the drug-related death of a loved one can be overwhelming. There are a number of possible sources of financial assistance available to you.

Private Insurance

If you have a private insurance plan through your employer or carrier, you should first check with them to determine whether the plan will cover the cost of a funeral.

Financial Assistance

Halton Region: 311

How to Apply:

Individuals who may require financial assistance can call the Halton Region at 311. For those who are completing this process alone but whom would like support, funeral professionals can assist the family/person with the application process at the time they wish to complete the form. The form is available on the Halton Region website if you would prefer to complete the form on your own.

Website: www.halton.ca/For-Residents/Employment-and-Financial-Assistance

Canada Pension Plan: Canada Death Benefit

In some cases, financial assistance for funerals may be obtained through the "Death Benefits Plan" of the Canada Pension Plan (CPP), but only if the deceased was a contributor to the CPP. Further information can be obtained by calling Service Canada on their toll-free number at 1-(800)-454-4051.

Search: Government of Canada Death Benefit

The Canada Pension Plan (CPP) death benefit is a one-time payment of up to \$2,500 made to the estate of the deceased. They must be living or have lived in Canada to be eligible. For individuals who are completing this process alone but who would like support, funeral professionals can assist the family/person with the application process at the time they wish to complete the form. Please note that this may take up to eight (8) weeks and will be paid to the estate of the deceased.

Website: www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit



DRUG-RELATED DEATH INVESTIGATIONS

What Can I Expect After the Death?

Once the case has been assigned to the Criminal Investigations Bureau, a thorough investigation must take place. This includes examining and processing physical evidence and conducting interviews with witnesses and family members. You can expect to be contacted and interviewed regarding your loved one. This is both standard and necessary. Investigators need to learn all they can about the victim and the circumstances surrounding their sudden death. You may be requested to provide information about your loved one's habits, friends, places, or their personal belongings. At times, the questions asked may be personal or sensitive. Please be assured that officers are not making judgments about your loved one's behaviour or lifestyle. This information is very important to the investigation, and it is information that often only you can provide.

In some cases, a parallel investigation may commence if it is believed a drug trafficker(s) may have been involved. While the process of holding those responsible for a loved one's death accountable can be long, challenging, and outcomes uncertain, the Halton Regional Police Service is committed to seeking justice for victims of drug-related deaths that are attributable to others, whenever possible.

Why Can't I be Told All the Facts About the Case?

Depending on the circumstances regarding the death of your loved one, investigators may not be able to provide the nature, extent, and results of the investigation. This information may be withheld for a variety of necessary reasons, which officers may or may not be able to share with you.

Why Won't the Police Return Government Identification to the Family?

Government identification, such as a driver's licences, birth certificates and/or other documents, are the property of the issuing agency and must be returned to them.



What About Releasing Vehicles?

Sometimes, vehicles are impounded at the scene and are held as evidence. These vehicles are generally held at an authorized location and may be released after any necessary processing is complete. In these instances, police pay all related costs up until when the family is notified that the vehicle will be released. It is thus important for the family to arrange for the prompt retrieval of the seized vehicle. In some circumstances, the family may opt to surrender the vehicle to the tow company in lieu of paying additional charges. This option should be discussed directly with the tow company.

What If Someone Has Information About the Death But Does Not Want to Share It with Police?

Police always encourage individuals to come forward and personally provide any information they may have regarding the event. Those who wish to remain anonymous can do so by contacting the Crime Stoppers tip line. Crime Stoppers is a civilian (not police-based) non-profit organization that brings together police services of a community, the media, and individuals of the community. Callers are given a code number which is used in all subsequent calls, so they do not have to identify themselves. Evidence or information provided to Crime Stoppers cannot be used in court. Crime Stoppers of Halton can be reached at 1-(800)-222-8477 (TIPS).



CONSIDERATIONS

1. Not all deaths are criminal

While an individual may contribute to the death of your loved one, it may be that in cases involving medical distress, there is no intent. Recognizing this can be very disheartening to a grieving family. Proof of intent or negligence must be present in order for a death to be considered criminal and for charges to be laid.

2. Don't investigate the investigation

When a loved one dies it is natural to expect that your case should take priority and be investigated quickly. Officers want to ensure they do the very best investigation they can for you and sometimes that means taking longer than they or you would like. When this happens, it can sometimes lead you to want to conduct your own investigation. Allowing the police to conduct their investigation without interference helps to ensure they have the ability to gather all of the relevant facts, even though it may be difficult to hear. In saying this, family or friends who have or who come into new information that may be relevant to the investigation should pass it along to investigators for follow-up.

3. Don't play the blame game

It is common for family and friends to be angry when a loved one dies. This can lead those closest to the victim to rush to judgement in an effort to hold someone accountable for causing so much pain and loss. It is important to step back and allow the police to conduct their investigation, to take the necessary time to gather all of the evidence, to interview all of the witnesses, and to present the facts that may help you to understand how and, in some cases, why your loved one died.

4. Television is not reality

While television provides us with entertainment, it is important to remember that it does not always reflect reality, particularly as it relates to policing and investigations. Please speak with investigators to learn what can be expected in terms of timelines, if required.



PERSONAL PROPERTY AND EFFECTS

How Do I Get the Property of My Loved One?

Some property and personal effects can be returned rather quickly. Other items may need to be retained as evidence and cannot be returned until the investigation has concluded. In some instances, certain items of property such as clothing may have been exposed to biological hazards that prevent them from being released to the family. These items may ultimately have to be destroyed.

The Officer in Charge of the case is responsible for both determining and facilitating the release of various items of property.



MEDIA

It is highly recommended that you be cautious when speaking to the media without first contacting the Officer in Charge because it could impact the Halton Regional Police Service's ability to properly investigate the death of your loved one and bring any person(s) who may be responsible to justice. Instead, work with the Officer in Charge, who will, in turn, coordinate with media through proper channels.

It is important to note that there is absolutely no requirement, nor obligation, for you and/or your family to speak to the media during this difficult time. Please contact police if you are ever concerned about your safety/security when it comes to the media.

It is the practice of the Halton Regional Police Service to not release the names of victims or deceased persons of drug-related deaths. However, the Halton Regional Police Service may not be able to prevent the name of the victim from being released to the media. The next-of-kin would be the parents, siblings or adult children of your loved one. It is important to remember that the media has access to social media sites where sensitive information may have been posted. This access is beyond the control of the Halton Regional Police Service and, in some cases, has hindered investigators' efforts to contact families.

It is important to note that anyone can post information to social media sites, some of which may be very difficult to see or read. If you as a family member encounter sensitive information or photographs on social media that you find harmful, you may contact the Criminal Investigations Bureau Unit or the Victim Services Unit. While we cannot prevent individuals from posting information and personal opinions, we will do our best to mitigate the risk of emotional harm to you and your family.

The media may also talk to witnesses at the scene, if there are any, and may publish information that can distort the facts and adversely impact an active investigation.

Finally, the media may also assist police investigations through Crime Stoppers.



GRIEF AND LOSS

The death of someone close to us is one of life's most stressful events. Coping with the changes it brings to our lives is vital to our mental health and well-being.

There are no stages of grief. Do not let anyone establish stages or timelines for you.

These are some of the normal emotions you may experience:

- Shock – numbness, disbelief
- Sadness – feelings of being overwhelmed
- Panic – fear of the future, uncertainty
- Loneliness – emptiness, feeling displaced
- Anger – due to lack of support, inadequate medical care, with the deceased for leaving you
- Confusion – memory loss, inability to concentrate
- Guilt – things you wish you had said or done
- Loss – dreams, finality

Self-Care for Witnesses or Those Affected by Drug-Related Death

Trauma and grief reactions are normal. You are experiencing normal responses to abnormal events. It is important to not fight or block reaction even though they are uncomfortable. Reoccurring thoughts, dreams, and flashbacks are normal and they will usually decrease over time and become less painful or upsetting. Self-care and support from others can help this process. It is not the event itself, but the meaning it has for the individual that makes it traumatic.

Examples of self-care after a traumatic event:

- Debrief
- Maintain your daily routines
- Continue to use or increase use of your self-care activities (meditation, journaling, relaxation exercises, listening to music, etc.)
- Be active
- Seek support or help from others
- Eat regularly
- Try to rest or sleep
- Learn what works best for you and listen to your body



COPING MECHANISMS

- Give yourself permission to grieve and accept the reality of your loss. Allow yourself to cry, get angry, sleep, eat or whatever you need to do without going to extreme.
- Be patient with the process – there is no “normal” timeline for feeling better.
- Get plenty of rest – your body needs to recover from the stress.
- Reach out for help – do not be afraid to ask for support through your family members, friends, doctors, clergy, funeral director and/or counsellor.



RESOURCES FOR THE VICTIM'S FAMILY

Healing Hearts Canada

"We are Parents, Spouses, Siblings, and Friends who have all lost a loved one to substance use related harms". Advocates to change failed drug policies and provide support to families who are grieving over losing a loved one to drug-related death.

- Free bereavement support
- Specific support groups to those grieving the loss of a loved one due to drug-related death
- Offers resources in Ontario, Alberta, British Columbia, Manitoba, Quebec

Contact:

Ontario Locations: Mississauga, Toronto, Barrie, Woodbridge, North Bay, Northumberland, Ottawa. Communities that do not yet have a group are able to join the virtual online Zoom support group. Email healingheartscanadavirtual@gmail.com to register.

Email: strongertogethercanada@momsstoptheharm.com

Website: www.healingheartscanada.org

Centre for Grief and Healing – Bereaved Families of Ontario

Services Offered: Eight-week bereavement support groups for spouses, parents, young adults, and adults. Provides grief counselling, individual support sessions, child and teen programs, and adult and group programs.

Eligibility: You must complete an intake form before going to your first session

Referral: Self-referral

Contact:

Halton and Peel Locations

Email: info@bereavedfamilies.ca

Phone: 905-848-4337



MYTHS

Myth 1: It won't happen to me.

Reality: It can happen to anybody. In fact, experienced long-term users are more likely to experience a drug-related death than novice users.

Myth 2: Let them sleep it off.

Reality: Sleeping right away while being under the influence of drugs may increase the risk of death.

Myth 3: If they don't respond, put them in the shower or bath, or walk them around.

Reality: If they are not responding, they need urgent help. Putting them in the shower or bath can rapidly change their core body temperature, which could put them in shock, and walking will have no effect. Administer Naloxone if you have it and call 9-1-1 immediately.

Myth 4: If you have had Naloxone, you're fine and can use again.

Reality: Naloxone is a vital lifesaving tool that is intended to temporarily reverse the effects of an opioid-related drug poisoning. Those receiving Naloxone must seek follow-up medical attention as soon as possible.

Myth 5: Give them stimulants such as caffeine.

Reality: Naloxone is the only drug that will temporarily reverse the effects of an opioid-related drug poisoning.



TIPS TO SAVE A LIFE

What Is the Good Samaritan Drug Overdose Act?

Halton Regional Police Service officers respond to a concerning number of drug-related deaths each year.

The **Good Samaritan Drug Overdose Act** provides broad legal support when someone is experiencing a drug-related event, including the person experiencing it.

This means citizens, including youth, will not be charged for offences such as simple possession for calling **9-1-1** in an emergency.

If someone appears to be experiencing a drug poisoning, administer Naloxone, which can temporarily reverse an opioid-related drug poisoning, if you have it, and call 9-1-1 immediately. Stay with the person until help arrives. Emergency responders, including frontline police officers, are also equipped with this vital lifesaving tool. It is recommended that Naloxone be used in all suspected drug poisonings, due to the possibility of opioid contamination.

Naloxone kits are available free of charge at a number of locations in Halton, including:

- [Halton Region Harm Reduction Services](#) (Exchange Works)
- [Halton Region Sexual Health clinics](#)
- [Most pharmacies](#)

Upholding the **Good Samaritan Drug Overdose Act** is just one facet of the Halton Regional Police Service's evidence-based harm reduction approach to the opioid crisis facing the Region and elsewhere nationwide. Our Service's priority is your safety, and we want to help. We are here for you because we want you to be here too.

If you use drugs, or have a friend or family member who uses drugs, these tips may help save a life in the event of a drug poisoning:

Know the Signs

- Difficulty walking, talking, or staying awake
- Blue lips or nails
- Very small pupils
- Cold and clammy skin
- Dizziness and confusion
- Extreme drowsiness
- Choking, gurgling or snoring sounds



- Slow, weak, or no breathing
- Inability to wake up, even when shaken or shouted at

Don't run. Call 9-1-1.

As noted above, Halton Regional Police Service frontline officers and other first responders carry Naloxone to assist those experiencing opioid-related drug poisoning. The **Good Samaritan Drug Overdose Act** provides broad legal support when someone is experiencing a drug-related event, including the person experiencing it. This means citizens, including youth, will not be charged for offences such as simple possession for calling 9-1-1 in an emergency.

Carry Naloxone

Naloxone can temporarily reverse an opioid poisoning. As noted above, it is also available free-of-charge in Halton at:

- [Halton Region Harm Reduction Services \(Exchange Works\)](#)
- [Halton Region Sexual Health clinics](#)
- [Most pharmacies](#)

Never Use Alone

Don't use drugs alone, and don't let those around you use alone either. If you are using with someone else, don't use at the same time. If a drug poisoning occurs, having another person nearby can save your life.

Brave App

If you must use alone, we encourage you to download the Brave App. The Brave App is designed to connect people at risk of drug poisoning with help they need: an ally you can talk to, a human supporter to help you stay safe, and digital monitoring technology to help you when you are in danger. Please note the Brave App is not a substitute for calling 9-1-1.

How the App Works

- A person at risk of drug poisoning can use the app to connect with remote, peer support through a voice call
- If your supporter thinks you might be poisoned (through a pre-determined span of non-response), they will request access to the details of your private Rescue Plan. This plan can



include your location, access instructions, and an emergency contact to call instead of, or in addition to, calling 9-1-1.

- You will then receive a 10-second countdown alert letting you know that information will be shared unless you indicate that you are okay by dismissing the alert.
- If you are unable to dismiss the alert, then that information will be revealed to your supporter, who will only use it for the purpose of sending help.

Download it Here



Go Slow

The quality of street drugs is unpredictable. Any drug can be cut with, or contaminated by, other agents or drugs (e.g. fentanyl), which can be harmful or fatal in very small amounts. Know your tolerance and always use a small quantity of a drug first to check the strength.

Additional Resources for Parents

If you are a parent, talk with your children about the very significant risks and dangers associated with the use of any illicit drug or controlled substance. There are many online resources available, including the [Drug Free Kids Canada](#), a parent support hub that provides a safe virtual space for parents to get guidance and support.



NALOXONE

Death by opioid-related drug poisoning is preventable if the person receives basic life support – CPR, and timely administration of Naloxone (Narcan), an opioid antagonist. Naloxone is a drug that can temporarily reverse the effects of opioid poisoning (multiple doses may be needed), restoring respirations temporarily. Naloxone usually starts working within 2-3 minutes and wears off within 30 to 45 minutes, so it is crucial to seek further medical attention immediately. If the person is not responding, administer a second dose using the other nostril. Use repeat doses, if available. If Naloxone is not working, either the person is not under the influence of opioids, a higher dose of Naloxone is needed, or there could be another co-existing medical issue. Initiate or continue chest compression and/or rescue breathing until medical help arrives.

You are eligible for a free Naloxone kit if you are:

- A current opioid user or a past user who is at risk of using again
- A family member, friend, or other person able to help someone at risk of an opioid poisoning
- Newly released from a correctional facility



WHERE TO GET NALOXONE KITS/SUPPORT

Naloxone kits and training on how to use them is available for free at pharmacies and through the Halton Region Health Department. To obtain one, pharmacies require you to present a valid health card; no other ID or information required. Naloxone is only available in its injectable format (intramuscular injection) at pharmacies. You can also attend any of the five Sexual Health clinics in Halton or call Exchange Works Program to obtain a nasal spray Naloxone kit. No health card is required.

Halton Region Health Department – Halton Region Exchange Works Program

Exchange Works is a program of Halton Region's Harm Reduction Services. Outreach workers and public health nurses operate a mobile outreach service in Halton that involves:

- Exchanging used injection/smoking supplies for new injection/smoking supplies
- Providing health information to clients
- Distributing safer sex supplies
- Referring clients to community agencies that have the tools to help access rehabs

Services offered:

- Safer injection supplies
- Safer steroid supplies
- Safer inhalation supplies
- Safer sex supplies
- Nasal Naloxone training and kits
- Education
- Written information and referrals
- STI and HIV testing, along with Hep A + B vaccines
- Presentations (by request)

You can access Exchange Works by:

Texting or calling mobile outreach services (on a confidential cell phone), attending Mobile Outreach Services, or visiting one of the Halton Region health clinics (Monday-Friday, 1:00 p.m. - 4:00 p.m.)

Contact:

Phone: 905-330-3305 (North Halton: 905-702-4200)
Monday-Thursday, 4:30 p.m. - 8:30 p.m.

Reminders:

- Carry your Naloxone kit at all times
- Store Naloxone at room temperature and away from light
- Leave the spray in the kits they come in



- Don't leave it in your car on really hot or cold days
- Check the expiry date regularly
- Encourage others to carry a Naloxone kit
- Seek support if you have experienced a drug poisoning or witnessed a drug-related death



CARING FOR SOMEONE AFTER A DRUG-RELATED INCIDENT

- Provide emotional support, reassurance and explain what has happened
- Reassure them that they are safe and do not judge them
- Monitor and prepare in case they lose consciousness again as the Naloxone wears off
- If paramedics were not called, suggest a trip to the hospital for further observation
- Ask open ended questions and allow the person to explore their own thoughts and reactions
- Check in with a family, friend, or colleague if you need to debrief afterwards and engage in self-care
- DON'T say "It could have been worse". DO say "I'm sorry it happened and I want to understand and help out if I can".



SUPPORTS FOR INDIVIDUALS IN RECOVERY

Please note that this section of the Guide relies on information provided by third-party organizations. It is recommended that those interested in any of the resources listed here consult with the organization directly for up-to-date details regarding their respective services and supports.

ADAPT – Halton Alcohol, Drug and Gambling Assessment Prevention & Treatment Services

ADAPT is a non-profit, community-based, outpatient addiction, assessment, and treatment agency that provides a range of services throughout the Halton region. ADAPT is dedicated to empowering persons with alcohol, drug, and/or gambling concerns, and their families, to manage these concerns and to lead fulfilling lives through the provision of comprehensive assessment and treatment services. Services available for adults and youth include: assessment, treatment, and referral services (adult), Days Ahead Program – assessment, treatment and referral services (youth), community justice programs, and Know the D.E.A.L. program (youth).

ADAPT - Addictions Supportive Housing (ASH)

This program provides support and services to clients who are in recovery from opioid and substance misuse. Specifically focusing on individuals who are homeless, at risk at homelessness, or inadequately housed. This program provides intensive outreach services and focuses on individual support, and a 15-life skills course to help grow independence.

Contact:

Provides locations in Halton.

Head Location: 165 Cross Avenue, Suite 203, Oakville, ON, L6J 0A9

Intake Desk Phone: 905-639-6537 ext. 0

Long Distance: 905-693-4250 ext. 0 (accepts collect calls)

Hours: Monday-Friday 8:30 a.m. – 4:30 p.m.

Website: haltonadapt.org

Email: adapt@haltonadapt.org



CMHA – Canadian Mental Health Association, Halton Region Branch

CMHA provides support for mental health and addictions through education programs, free walk-in counselling programs, crisis intervention through the Crisis Outreach and Support Team (COAST), support and peer-support programs.

Contact:

Provides locations in Halton

Phone: 905-693-4270 or Toll-free: 1-877-693-4270

COAST Phone: 1-877-825-9011

Hours: Walk-In Service, 1:00 p.m. – 7:00 p.m. at various sites during the week

COAST Hours: 24-hour, seven (7) days a week

Website: halton.cmha.ca

Email: info@cmhahrb.ca

Hope Place Men's Centre

Since 1975, Hope Place Men's Centre has promoted abstinence-based recovery for individuals and family dealing with drug and alcohol addiction. This is a holistic 42-day program where individuals can speak to professionals and specialists in psychiatry, primary care, and occupational therapy.

Criteria: Available to any man with a valid Health Card & who meets the admission criteria.

Types of therapy/sessions: Relapse Prevention, Family Counselling, Yoga, Sober Dads, Dual Diagnosis, Individual Counselling, and more.

Contact:

8173 Trafalgar Road, Hornby, Halton Hills, ON, L0P 1E0

Phone: 905-878-1120 or Toll-free: 1-877-761-6357

Website: hopeplacecentres.org

Hours: Monday-Friday, 9:00 a.m. – 5:00 p.m.



Newworld Medical Detox

This program specializes in medical detox and addiction withdrawal management. This organization sets out to care for clients who suffer from unique, and specific health concerns alongside their addiction. They specialize in mindfulness, anxiety, group counselling, opioid detox, and medically supervised withdrawal management.

Contact:

13604 6th Line, Limehouse, Halton Hills, ON, L0P 1H0

Phone: 844-264-8833 or 844-639-3389

Website: newworlddetox.com

You can provide your details straight through their website if you have any questions

Hours: Open 24 hours

Horizons Opioid Treatment Service

This service offers comprehensive Opiate Dependence Treatment for people who suffer from addiction and/or substance abuse. This program specifically focuses on opiate-based drugs, which can include co-occurring disorders, group counselling, relapse prevention, and assessments.

Contact:

221 Miller Drive, Georgetown, Halton Hills, ON, L7G 6N2

Book Appointment online

Phone: 855-742-9449

Website: horizonsclinic.ca

Hours: Monday-Saturday, 10:00 a.m. – 8:00 p.m.

Sunday 10:00 a.m. – 3:00 p.m.



ConnexOntario

Provides free confidential health service information for people experiencing alcohol and drug misuse, mental illness and/or gambling. Information and referral services are live-answer 24/7, confidential, and free. This service is funded by the Government of Canada and aims to bridge the gap between the services that are available and the people who need them.

Contact:

ConnexOntario accepts clientele via the telephone, email, and web chat (on the website)

Phone: 1-866-531-2600

Website: connexontario.ca

Halton RAAM – Rapid Access to Addiction Medicine Clinic

The Halton RAAM Clinic provides evidence-based addiction medicine treatments for a variety of substance-use disorders, including alcohol, cannabis, opioids, tobacco, and benzodiazepine tapering. The clinic accepts referrals from any source, including self-referral, and patients can also arrive on a walk-in basis. The services are 100% covered by OHIP.

Contact:

Provides locations in Halton

Head Office: 1540 Cornwall Rd, Unit 102, Oakville, ON, L6J 7W5

Phone: 1-888-388-7226

Centralized Reception Hours: Monday 8:30 a.m. – 3:30 p.m.

Tuesday 11:30 a.m. – 6:30 p.m.

Wednesday 9:00 a.m. – 6:00 p.m.

Thursday 9:00 a.m. – 4:00 p.m., and

Friday 10:00 a.m. – 3:00 p.m.

Note: hours of each individual location vary; see locations page on website.

Website: hmraam.ca



SERVICES IN THE GTA

Supervised Consumption Services

Run by Toronto Public Health, the Toronto Overdose Action Plan provides health services and supervision in a hygienic environment for people to inject pre-obtained drugs under professional supervision. This service aids in providing sterile injection supplies, overdose prevention and intervention, referrals to drug treatment, housing, income support, medical and counselling services.

The Works (Public Health) Harm Reduction Supplies

Locations: Over 100 different locations in the GTA and 60 different agencies for all members living with a substance or addiction problem. Locations can be found on their website.

Contact:

277 Victoria Street, Toronto (Young & Dundas)

Phone: 416-392-0520

Service Hours: Monday-Saturday 10:00 a.m. – 10:00 p.m.

Sunday 11:00 a.m. – 5:00 p.m.



SERVICES FOR INDIGENOUS COMMUNITIES

Renasant – Toronto Addiction Rehab Centre

Providing support for substance abuse and interrelated mental health conditions in Indigenous, Aboriginal, Inuit, and Metis communities. Helping to destigmatize systemic abuse and discrimination, addiction, poverty, intergenerational and childhood trauma, and loss of traditions and attempted erasure of cultural identity.

Contact:

38 Isabella Street, Toronto, ON
Phone: 1-866-232-1212
Email: info@renascent.ca

Native Child and Family Services Toronto

Urban residential Healing Lodge for Indigenous women and young children. Guided by sacred knowledge that culture is healing and focuses on wellness centered in culture.

Contact:

30 College Street, Toronto, ON
Phone: 416-969-8510
Email: info@nativechild.org
Website: nativechild.org

Ontario Federation of Indigenous Friendship Centers (OFIFC)

To improve the quality of life for Indigenous people living in an urban environment. Provides culturally appropriate services in urban communities to help support Indigenous peoples. They offer various health, mental health, and wellness programs.

Contact:

219 Front Street East, Toronto, ON, M5A 1E8
Phone: 1-800-772-9291 or 416-956-7575
Email: ofifc@ofifc.org
Website: ofifc.org



GOVERNMENT OF CANADA - PROJECTS

The Health Canada's Substance Use and Addictions Program is funded by The Government of Canada and is currently working with a number of organizations across the country on projects that address a wide range of substance-related issues.

The Bridge Collaborative Care Hub

This project is run by the Belleville and Quinte West Community Health Centre and takes place in Belleville. This project will add a nurse as well as a peer harm reduction care team to an existing drop-in program for people who are experiencing homelessness and who use substances. The organization will provide services such as basic medical care, access to harm reduction information and supplies, individual and group peer support, mental health counselling, and system navigation and referral services. The project duration is February 2023 to March 2025.

Empowering Youth with Opioid Overdose Response Training and Use of Naloxone

This project is run by the Advanced Coronary Treatment (ACT) Foundation of Canada Inc. and takes place in Ottawa. The project will develop and implement an Opioid Overdose Response Training initiative as an enhancement to its existing CPR Program that is offered in high schools across the country and supported by the respective Ministries of Education. It is aimed at students who will take this training into their present and future lives, preparing them for emergencies they may encounter at home and in the community. The project duration is January 2021 to March 2024.

Adopting Harm Reduction into Practice

This project is run by Addiction Services Central Ontario and takes place in Aurora. This project will create and develop harm reduction and stigma toolkits, which will help raise awareness and capacity of front-line staff and management providing services to people who use drugs. This project will also allow the organization to deliver a range of in-person services and provide harm reduction supplies such as Naloxone and drug checking kits, and will also allow the organization to expand its online chat to a 24/7 service. The project duration is March 2023 to March 2025.



MY CONTACTS

Victim Services Unit Crisis Worker(s)

Name(s):	Position: Crisis Responder
Business Phone: (905) 825-4777 ext. 5239	E-mail(s):
Office Location: 95 Oak Walk Drive Oakville, Ontario, L6H 0G6	Notes:

C.I.B. Officer in Charge

Name:	Position:	
Business Phone:	Cell Phone:	E-mail:
Office Location:	HRPS Occurrence Number:	

Reminder:

Have you provided your updated contact information to the Officer in Charge and your VSU worker?

For more information, please contact:

Victim Services Unit

Halton Regional Police Service
95 Oak Walk Drive
Oakville, Ontario
L6H 0G6

Telephone(s): 905-825-4747 ext. 5239
905-825-4810
905-825-4805

Website: <https://www.haltonpolice.ca/en/services-and-reporting/victim-services.aspx>