Wakes You Up  Naloxone and the Inner City Youth Experience
Dedicated to the memory of people who have lost their lives to overdose, and to the people they have left behind.
“Well, after my girlfriend at the time overdosed in front of me, I got a little bit worried, you know.
I thought, you know, I wish there was something I could have done to help her.

It was a dark time for mortals. My favourite was to take brothers, sisters, moth... HELL! I love taking family members’s

*whispers*

No one really believe Opiates can kill their family.

Percocet oxycontin Codeine Heroin morphine

What people dont realize is Even Opiates prescribed by a doctor like vicodin, codeine, etc can hurt you.

Yup your system can have a law tolerance if you drink alcohol.
“Definitely scary...

it really kind of wakes you up
and makes you realize that it’s
real life
and you’re kind of
playing with
fire sometimes.”
“Yeah, it’s just that you can never really prepare yourself.

I mean, going into it you think that you’re invincible and that you’ll be able to notice when you start slipping into an overdose, and that things are going to be okay for you, but you’re the same as anyone else.
You can fall victim to the same causality.”
A: In the 15 minutes we stayed with him, he stopped breathing. I had to administer breaths with the face mask.

Q: And after you had given the shot, what happened next? You mentioned 15 minutes, but what happened in those 15 minutes?

A: I gave it to his lower left shoulder. Yeah.
About 15 minutes after the two shots were administered, he kind of snapped out of it and came to. He didn’t know what was going on. He didn’t know that he was just Narcanned.

After the first administered shot, the staff came in with their Narcan kit and gave him a second shot.

Q: Oh, you administered breaths with the face mask.

A: Yeah, I stimulated his chest first. There was no response. So we laid him on his side and administered Narcan and then gave seven-second breaths.
“After I used the kit, well, I called the ambulance just to make sure everything was okay. So the ambulance showed up and they basically took over.

They said: Great job. You could have saved his life. You did awesome. We’re going to take it from here..."
“I think, like, it reinforced that people are really genuinely caring about us.”
And not, like, ‘you guys are a bunch of junkies, you don’t fucking need to…’ They actually really gave a shit about us and were, like, considerate and polite.”
"Well, we’re not looked down upon just because we use."
And, like, stigma is not changing the relationship between a user and a non-user."
“Well, because when you don’t have Naloxone training and you don’t have a Naloxone kit, and when an overdose comes around, what can you really do? You can give a person CPR and pray and hope for the best...

Whereas with Naloxone you’re kind of given the power to do something about it.”
Then family members started talking to me about using and stuff... But, you know, I was trying not to use at that point, so I said, like, if something bad happens... or whatever and I fucked up or overdosed – then, yeah, at least they know what to do.”
“They should actually have, like a fire extinguisher, a case with Naloxone in every hotel where people use drugs.”
“Like, it almost feels like a weight has been lifted or like... there’s an invisible wall that was broken."
And we can now talk about something a bit more casually, even though it’s serious.”
These quotes are from street-involved youth (aged 19-25) who are connected with the Inner City Youth Program in Vancouver, BC.

They were asked about their experience with the BC Centre for Disease Control’s Take Home Naloxone project, and their comments were included in a report anonymously.

We asked some other youth artists to illustrate the quotes for this book.

The Naloxone Inner City Youth Experience (NICYE) Team

Katrina Pellatt       Elise Durante
Keren Mitchell       Mike Fawkes
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Jane Buxton

Tessa Lobbes
Tessa is an aspiring artist who will be known for her art worldwide one day. She just loves to draw!
Pages 14-17, 20-23, 32-33

Mana Kazemi
Pages 10-13, 24-27

Kelsie Young Eaton
Kelsie has a passion for art and can do a range of different types of work, such as pieces done with ‘Sharpies,’ paint markers or pens, painting, and artwork on the computer – graphic design. She has battled a serious addiction with heroin and crystal meth for several years. She is very grateful for Narcan/Naloxone as it has saved so many lives, including her own.
Pages 6-9, 34-37, and covers
Naloxone is a medication that reverses opioid overdose. If you would like to learn more about Naloxone or this project, please visit towardtheheart.com

**Signs of overdose**

- **You can hear gagging or snoring sounds**
- **Person can’t be woken up**
- **Skin feels cold and clammy**
- **Pupils are tiny**
- **Person isn’t responding**
- **Person is not-moving**
- **Person may be choking**

**CALL 911**

**S.A.V.E.M.E.**

Steps to save a life

- **Stimulate**
  - Unobstructed airway
- **Airway**
  - 1 breath every 5 seconds
- **Ventilate**
  - 1 breath every 5 seconds
- **Evaluate**
  - Injection
- **Evaluate**
  - Muscle injection
- **Evaluate**
  - Needle damage

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