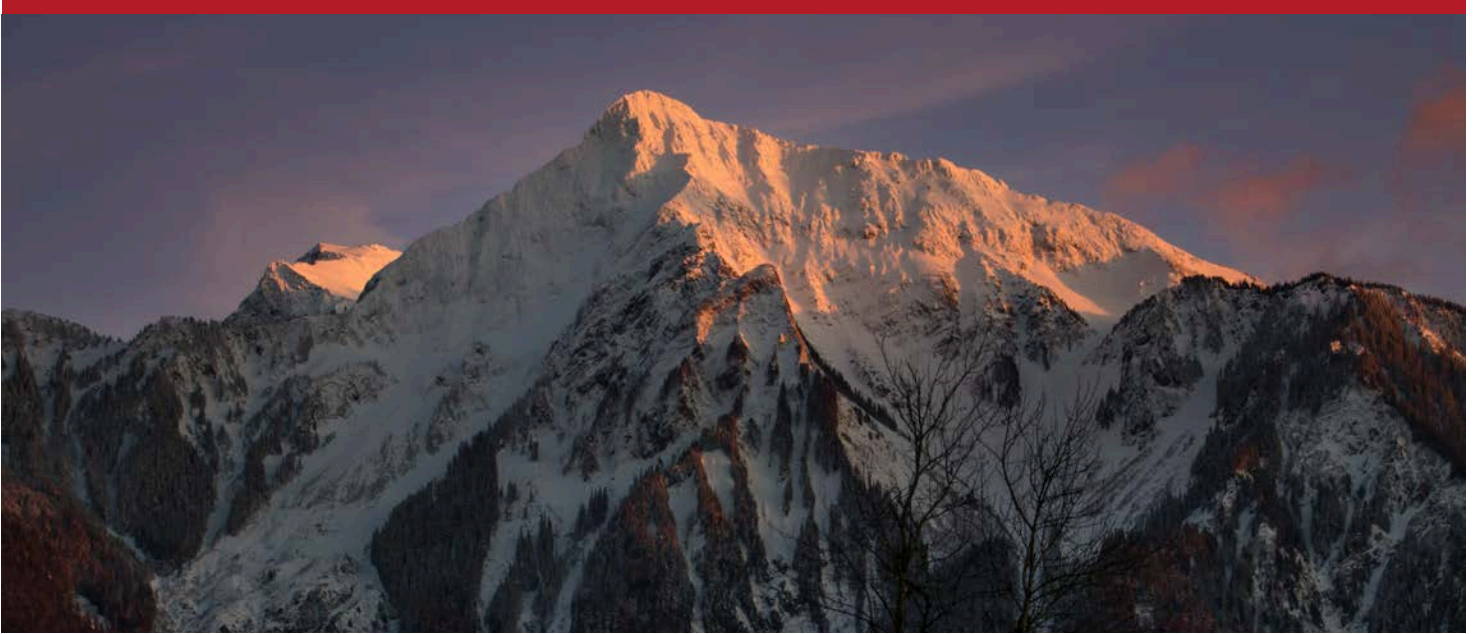




XWCHÍYÒ:M

JULY 25, 2025 NEWSLETTER

Ey Swayel Friends and Relatives!



If you have any feedback or ideas on our newsletters please feel free to email communications@cheamband.com.

CHEAM CALENDAR

JULY 25 - CHEAM REGULAR COUNCIL MEETING
JULY 28 - GRIEF CIRCLE AT CHEAM
JULY 29 - YOUTH SPORTS DAY
AUG. 4 - BAND OFFICE CLOSED
AUG. 6 - COMMUNITY TOWNHALL
AUG. 6 - ALL NATIONS ELDERS LUNCH AT SKWA
AUG. 8 - CULTAS LAKE WATERPARK DAY
AUG. 13 - CHEAM YOUTH WORKING GROUP
AUG. 19 - CHEAM ELDER'S MEETING AND LUNCH
AUG. 23 - CHEAM DAYS & BACK TO SCHOOL EVENT
AUG. 29 - OVERDOSE AWARENESS EVENT

[See our website calendar for more info](#)

XWCHÍYÒ:M XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom
Xwexwilmexw;

Xw' eyehls cha ye mekw' wat ite xwech'l yom qesu texw
eweta o kw'e tl' e met Te ewpi: l qaste qel sqogq;
Temtames mami:yelhtel ya sq'eqotel qelu lam xwe xwe'eyelf
iyolem kw'e o'hletem xwela Ye'mi cha
Temtames lis cha mekw yoyes ye alyem eweta Shxwlistexwes
Te xwelitemelh Temtames chasu qexs a: li lalalem
xwela kw'e mekw wates
Qas temtames cha xwe'eyems Te temexws qasu
ey xwela ye xwechiyom

CHEAM FIRST NATION VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual diversity & promote a healthy, self-sufficient lifestyle. We need one another and value one another's views. In appreciation of our uniqueness, we foster mental, physical, emotional and spiritual wellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.

CHEAM LANDS & CAPITAL DEPARTMENT UPDATES

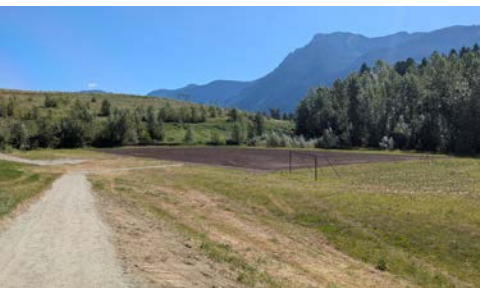
Resolving Housing Arrears with Cheam

A longstanding and ongoing issue at Cheam has been the carrying of incorrect arrears balances for a variety of reasons and not working more quickly to address the non-payment amounts contributing to arrears. This is a complex problem which poses challenges and frustration collectively for Cheam, the Community, and administration. Arrears takes away from Cheam's ability to maintain housing, get new housing, and create a fair rental market for all Cheam Members who are interested in rentals.



Over the past year, we have been documenting the issues which contributed to the incorrect accounting and missed collections of arrears. Administration has proposed solutions for each of these issues, and we are in progress for circulating to Council Portfolio Holders (complete), Finance and Audit Committee (complete), and Housing Committee (scheduled) to confirm guidance and direction. Chief and Council will then be presented with a complete package on how arrears can be resolved for the various issues experienced. Administration will then work through the approved activities to clarify arrears balances and work on collections. Ample notice will be provided to those impacted, and plans are being developed to take a slow and supportive approach. The next update will be provided once Chief & Council have approved a work plan for administration.

Update on Community Facilities



Two exciting projects have been progressing at Cheam since our last update.

The **soccer field** grading and access trail are complete, and the watering system equipment has arrived. Public Works has constructed the irrigation connection point, and sod is scheduled for installation during early August. The total sponsorship from our business partners received to date is \$36,000 plus labour from the teams helping us perform the work.



The main structure of the **bus shelters** has been erected and the roofs installed. Solar panels are in place for the lighting system, so the shelters are lit for safety at night. The sidewalk and curb in front of the shelters still need to be placed, shelter side panels installed, and furniture added. Why are the bus shelters so high? It is a question we have received a few times now. The shelter height was selected to work with the future upgrades to roadways, curbs, and sidewalks. This infrastructure upgrade will happen after a community sewer system is brought through the community and watermain are upgraded. This is to ensure the bus shelters can serve the community for 50+ years by integrating into future roadway upgrades.

Additionally, we are exploring a new source of funding for the fill material required to bring the area adjacent to the playground up to grade, so the hockey box and basketball court can be constructed. Fill selection has been carefully approached, as this is an area where people will be playing.

Lot 123 - Transfer to Cheam Lands



A long-overdue parcel of land is nearing completion of transfer from MOTT to Cheam along the boundary of Highway 9. When complete, this parcel will undergo an environmental study and be prepared for future development. Having a significant frontage along Highway 9 means this parcel provides an excellent opportunity for Cheam to develop revenue-generating businesses. The following is an update from MOTT regarding the transfer:

The Order in Council (OIC) has been drafted, and we are just putting together the package (Decision Note to the Minister). The OIC is currently tabled to go to Cabinet for approval in September/October. Once approved, we will send the OIC to Canada (ISC). ISC will then submit the Conditional Ministerial Order (MO) for approval (according to ISC, this takes approximately 2-3 months). Once the MO is approved, Canada will accept the lands pursuant to FRPIA. All documents related to the Conditional Ministerial Order and acceptance by Canada will be registered by ISC in the First Nations Land Registry (FNLRS).

RECENT ENVIRONMENTAL WORK SUCCESS STORIES

During the heat wave last week, Cheam's environmental technicians supported Pearson Ecological in fish salvage work on Ford Creek. Several years ago, during ditch maintenance, the riparian vegetation that once shaded this summer habitat for juvenile coho was removed. At the same time, a barrier was installed that now prevents the baby fish from reaching the cooler waters upstream. As a result, each year the creek overheats, putting the local fish population at risk unless they are physically relocated.

A huge thank you to our technicians, staff and volunteers for waking up at 4:00 AM to help save the baby fish!

Over 300 juvenile coho, trout, stickleback and lamprey eels were successfully rescued and moved to safer waters!!



SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)



Our goal is to slowly move all members on to electronic payments so that things like distribution, catering, and other benefits can be deposited right into your bank account. We know it will take time to get everyone switched over, so we are getting started now with the goal of having the majority switched over within one year. You can go into your bank and ask for the EFT form, or you can download it from your online banking. If you need help

figuring out how to download the form from your online banking please let us know and we will assist you. All forms go to accountspayable@cheamband.com or can be dropped off at the Band Office attention: Deysi. Please note you must include your email address as well.

Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.

LAND USE PLAN

Developing a Land Use Plan is an important step towards greater self-determination and long-term planning for Cheam. It empowers our community to shape how our lands are used, protected, and developed in a way that reflects our values, priorities, and vision for the future. This process is about building a clear, community-driven framework that supports responsible growth, cultural preservation, and sustainability to ensure that our lands continue to meet the needs of our members today and into the future.

DOCUMENTS FOR REVIEW

- [Draft Land Use Plan](#)
- [Land Use Plan Summary](#)
- [Letter from the Lands Advisory Committee](#)
- [Roadmap to Ratification](#)
- [LUP Feedback Form](#)
- The Notice of Vote and Online Voting Info Sheet will be uploaded a minimum of 30-days before the ratification date

Roadmap to Ratification Cheam Land Use Plan



IMPORTANT DATES

- July 15th – Deadline to submit feedback on draft Land Use Plan
- *tbd.* – Chief & Council Meeting, final approval of Land Use Plan
- August 7th – Ratification Packages will be sent to all members via email or mail
- September 8th – Ratification Vote

For more information, all documents, or the latest updates, please visit our website at <https://cheam.ca/2025/06/cheam-first-nation-land-use-plan>.

NEW CHEAM ASSET ANNOUNCEMENT

The Cheam Emergency Operation Centre has purchased 2 cargo trailers with community emergency centre preparedness funding.

We are excited that our first use of these trailers is to send them on the Paddle to Elhwa canoe journey to support our participating Community Members.

The emergency operations department will then use these two trailers for equipment and EOC gear for community readiness in the case of an emergency.



STAFF UPDATES

Allison Prest joined us as an HR Assistant on July 14, 2025, and will be reporting directly to Cedrine



Fongang, HR Manager. Allison was born and raised in Cheam. She graduated from Chilliwack Secondary School at the remarkable age of 16 and has since committed herself to self-guided learning and creative exploration. She has a deep appreciation for storytelling and often finds herself captivated by the histories and legends passed down through generations. These stories not only connect her to her heritage but also spark her imagination and guide her personal growth. Drawing, crafting, and music are among the many creative outlets Allison uses to express herself. Allison is passionate about becoming a fluent Halq'eméylem speaker and brings with her a sincere desire to learn, grow, and contribute meaningfully to her community. Her personal journey is rooted in cultural connection, kindness, and creativity.

Whether through art, language, or storytelling, she strives to uplift and inspire those around her. Over the years, she has actively participated in community events and gatherings, finding inspiration in nature and joy in connecting with people from diverse backgrounds. Her holistic eagerness to learn, grow, and her love for culture make her a valuable addition to the HR team.

Charles Anyanwu joined us as IT Support Specialist on July 14, 2025, and reports directly to Rachel



Wille, Director of Operations. Charles spent his childhood in Nigeria and migrated to Canada over a decade ago. He recently relocated from Kelowna to Chilliwack. He joins the team with a Bachelor's degree in Engineering, a graduate certificate in Project Management, a post-diploma in Software Engineering, and a certificate in Cloud Computing. He also holds certifications as a Certified Information Systems Auditor (CISA), Project Management Professional (PMP), and AWS Solutions Architect-Associate. He has extensive work experience in Engineering and Information Technology. His Information Technology spans from IT Support, System Administration, Infrastructure Analysis, Cloud Computing and Project Management. A key milestone in his career is the successful project management of an IT expansion project where he oversaw vendor selection, stakeholder management, hardware and software procurement, installation, testing, and data migration from on-premises to the Cloud.

Nicole Schultz joined us as Recreation Worker on July 21, 2025, and will report directly to Noelle



Hartt, Interim Health and Wellness Manager. Nicole is a proud member of the Seabird Island Band and was born and raised in community. She recently relocated back to community after spending four years in northern British Columbia studying Early Childhood Care and Learning to deepen her passion for supporting and guiding young minds. In her free time, she loves connecting with nature alongside her husband, fishing with family, or tending to her ever-growing plant collection. She is a proud cat mom and dreams of living a sustainable, land-based lifestyle. She is passionate about uplifting Indigenous communities and bringing a trauma-informed, culturally aware, and holistic perspective to her work. She is truly excited to be joining the team, and is grateful

for the opportunity to work

Shawnee Kruger joined us as an Intensive Youth Support Worker on July 14, 2025, and will report directly to Rebecca Pears, Education Manager. Shawnee comes to us from Shxwha:y Village, located within the traditional territory of S'ólh Téméxw. She is married to Dempsey Douglas, son of Albert (Chester) and Francine Douglas from Xwchíyò:m, and feels deeply honored to now be serving the community she has proudly married into. Shawnee joins the team with a wealth of experience, passion, and cultural knowledge. She has long dedicated herself to supporting and uplifting Indigenous youth drawing from both her personal journey and professional path. In 2019, she earned her Intermediate Proficiency Associate Certificate in Halq'emeylem, and is currently just one class away from completing her Advanced Language Certificate, expected in 2026. In addition to her work in education and youth support, Shawnee is also a proud Indigenous entrepreneur. In 2020, she launched her own beading business, "Shawnee Renee Beads", where she creates meaningful, culturally inspired pieces that celebrate Indigenous identity, tradition, and artistry. Through her business, she continues to express her creativity and connection to culture while inspiring others to do the same. Over the past three years, Shawnee has worked with School District 78 as an Indigenous Support Worker, and previously served as a Language Coordinator at Sts'ailes, further deepening her roots in youth empowerment and cultural revitalization. Shawnee's heart-led approach and lived experience bring a powerful perspective to this role. She holds a strong belief in the strength and resilience of Indigenous youth and is excited to walk alongside them in their journeys, offering support, connection, and cultural grounding.



Please join us in welcoming Allison, Charles, Nicole & Shawnee to the team.



XWCHÍYÒ:M
CHEAM FIRST NATION

The Cheam Youth Council Working Group meets once a month, on the second Wednesday of every month. Over the next year, the meetings are in place to continue engaging with the Youth as the structure of the Youth Council gets built.



With a goal to have the first official Youth Council up and running by next spring. Youth input is essential in the development of this upcoming Youth Council. Meetings will be from 5pm - 7pm in the Cheam Gymnasium. Once the Youth Council has been built, it will be for ages 16-26, however, if any 13-15 year olds wish to join the working group meetings, they are welcome.

Below are the Working Group meeting dates:

- | | | | |
|---------------|----------------|---------------|---------------|
| * August 13 | * September 10 | * October 8 | * November 12 |
| * December 10 | * January 14 | * February 11 | * March 11 |

PROGRAMS/EVENTS

July 28th, 2025, 12pm – 3pm

Cheam Classroom

Candlelight Grief Circle

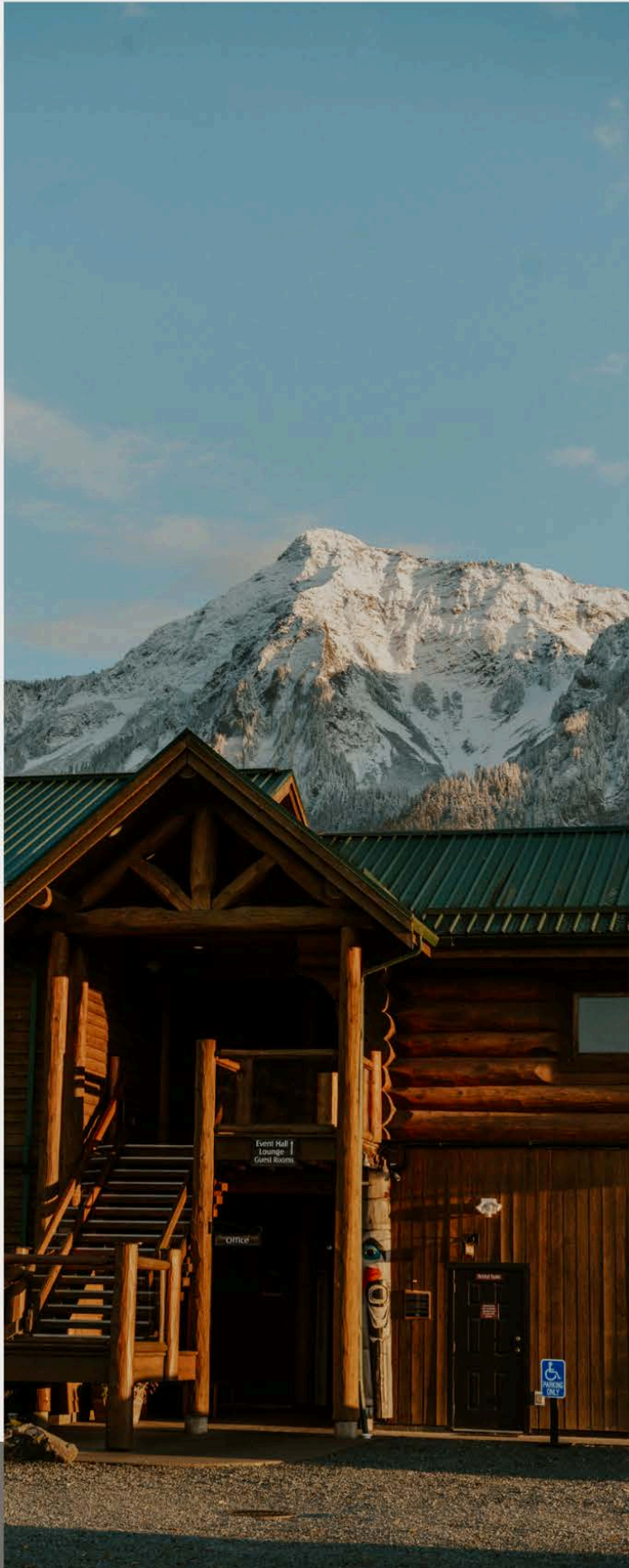


Join our health team on Monday, July 28th from 12-3pm for a grief circle. Light a candle for your loved one. All community are welcome to come together to share a meal and remember loved ones in a supportive space. Drummers will be present and cedar brushing and smudging will be available to anyone who needs.

Seabird Island Health

Calling Cheam Artists

SHOWCASE YOUR WORK AT FRASER RIVER LODGE



Fraser River Lodge is proud to support and promote the incredible talent in the Cheam community. We're currently seeking small, travel-friendly pieces to feature in our on-site gift shop; the perfect way for our guests to take home a piece of local culture.

We're looking for:

- Beaded keychains or lanyards
- Postcards or prints
- Small carvings or wall hangings
- Jewelry, crafts, or other handmade items

This is a unique opportunity to share your artistry with guests from around the world.

Interested? Let's connect!

Reach out to Caylin Kenyon at execteam@fraserriverlodge.com

Please include:

- ✓ Your name & contact info
 - ✓ A short description of your art
 - ✓ Photos or samples (if available)
-



CHEAM
FIRST NATION



FRASER RIVER LODGE



YOUTH SPORTS EVENT

**Join us for a fun-filled day
of sports, games, and good
eats!**

SEE YOU THERE!

Tuesday July 29th 2025

3:00pm-6:00pm

Cheam Band Office- Gymnasium

MORE INFO - RECWORKER@CHEAMBAND.COM

NICOLE 604-798-8380



Cheam Family Day At

CULTUS LAKE WATERPARK

AUGUST 8

10:00AM - 4:00PM

**4150 COLUMBIA VALLEY RD,
CULTUS LAKE, BC**

**FOOD
PROVIDED**

Bus available (limited space, register):

- Leaving the Band Office at 9am
- Leaving Park at 4pm

**All ages welcome but children
under the age of 12yrs must be
accompanied by a parent or
guardian.**

**To register or for more info:
Shawnee.kruger@cheamband.com
recworker@cheamband.com**

This is not a structured therapeutic group. If you would like to participate and come in to do art, Coneitia will have all the supplies set up. She will have a directive for the week that would have therapeutic benefit, for example, 'Create your own mandala', but if you would like to do your own thing that's OK too:)



SIGN UP WILL BE WITH SARAH BY CALL, TEXT, EMAIL, SMOKE SIGNALS, OR JUST POP IN:)

DIRECT P: 778-839-5194

SARAH.ALECK@CHEAMBAND.COM

FAMILY FIRST: A DAY TO RECOGNIZE INTERNATIONAL OVERDOES AWARENESS

Save the Date

DATE: FRIDAY, AUGUST 29, 2025
TIME: 12:00 PM – 5:00 PM
WHERE: CHEAM FIRST NATION

MORE DETAILS TO COME



★ See a Need, ★ Fill a Need

Give What You Can – Take What You Need



Have a
can of
soup you
no longer
need?

Need a little
help to get
through the
next few days?

Bring it to the
Health Wing – every
donation helps.



Come to the
Health Wing –
we're here for you.



this initiative is for **food items**
only at this time.

Let's support one another – a little goes
a long way.

Together, we care. Together, we share.

Join the
**STÓ:LŌ
BUSINESS
DIRECTORY!**

www.stolocf.ca



Community
Futures Stó:lō

Your free listing can
include:

- Business
contact
information
- Link to
website/social
media
- Description of
services
- Pictures and
videos



This is a free business listing on the SCF website
for businesses that are at least 51% Indigenous
owned/controlled operating within the SCF service
area, between Kwantlen First Nation and Yale First
Nation, on both sides of the Fraser River!

Contact SCF Business Analyst, Shannon Smith,
at 604-824-5278 or by email ssmith@stolocf.ca

CULINARY ARTS PRE-TRADES PROGRAM



Course Includes

Certificates: FoodSafe, First Aid Level 1, WHMIS & WCB Awareness

- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- Starches
- Meats & Poultry
- Seafood
- Garde-mange
- Eggs, Breakfast cookery and dairy
- Baked goods, desserts and beverages
- Basic kitchen management
- Two week practicum placement

September 8, 2025

Are you an Indigenous, Metis or Inuit individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET Employment Counsellor to apply



Canada



SKILLED TRADES BC

This program is funded by the Government of Canada and the Province of British Columbia.

UFV

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'ailles Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865



CARPENTRY

FOUNDATIONS

September 8, 2025 to March 20, 2026



Are you interested in learning the skills that form the backbone of the construction industry? Our Carpentry Foundations Training Program is designed to provide you with hands-on experience, essential techniques, and the confidence to start a successful career in carpentry.

Concurrent studies option!

The Carpentry program is located at the Trades & Technology Centre at the Canada Education Park in Chilliwack. Classes and shops may be scheduled 8am–3pm, Monday to Friday.

What You'll Learn:

- Reading and interpreting drawings
- Using specialty equipment
- Site and building layout
- Building concrete forms
- Framing a building
- Finishing internal and external details

Check Out SASET.CA or Contact Us At:

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

Canada 

BASIC COMPUTER SKILLS TRAINING

Every Friday by Appointment

Are you looking to improve your basic computer skills? Join our workshop every Friday! Whether you're a complete beginner or just looking to brush up on your knowledge, our sessions are designed to help you navigate the digital world with ease. Call our office to book 604-858-3691!



CALL NOW TO BOOK!!

Canada

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET— Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

JOB OPPORTUNITIES



XWCHÍYÒ:M

COME WORK WITH US AT CHEAM!

To apply to any of the jobs listed below, click on the job title for further details, visit the [careers page of our website](#), or drop off your resume at the Band Office attn: HR.

- [Early Years Supervisor](#)
- [Executive Coordinator](#)
- [Family Cultural Connections Worker](#)
- [On-call Labour](#)
- [Recreational Summer Student](#)
- [Social Development Manager](#)
- [Supportive Housing Worker](#)
- [Wellness Advocate](#)



Our culture is rich and resilient. With an abundance of community programs, we have fun, respect ourselves and others, and take pride in our community, who we are, and where we come from. Our vision is to be socially, culturally, and physically stable. If you are looking for an opportunity to use your expertise to really make a difference with a progressive First Nation, apply today!

WHY WORK FOR CHEAM?

- Cultural Enrichment
- Community Impact
- Personal Growth
- Benefit Coverage
- Holiday Closures
- Advancing Reconciliation
- Competitive Starting Wage
- Company/Community Events



First Nations
HEALTH FOUNDATION

NOW OPEN: 2025 NURSING BURSARY APPLICATION

We are thrilled to launch the application for our Nursing Bursary Program—an initiative to support aspiring First Nations individuals in BC with the desire to pursue nursing! This program recognizes the vital role that First Nations nurses play in advancing culturally safe, community-based healthcare across BC.

About the Bursary

In its first year, the program will award three \$5,000 bursaries to First Nations students in BC who are currently enrolled in (or accepted into) a nursing program. Recognizing that existing scholarships and bursaries for Indigenous students often only cover tuition, this program will offer support beyond tuition to relieve a great amount of stress for students, particularly those who need to be away from home for school. It helps remove financial barriers so students can focus on becoming skilled, compassionate healthcare professionals. The bursary can be used to cover a range of eligible expenses including:

- Tuition and mandatory fees
- Books and supplies
- Living expenses while in school
- Travel for clinical placements or training



Who Should Apply

We're looking for First Nations individuals who:

- Have strong ties to a First Nations community in BC
- Are pursuing a career in nursing
- Intend to return to work in their home community or a similar First Nations community after graduation

Whether you're just beginning your nursing journey or partway through your program, we encourage you to apply.

Apply Now

Applications are now open! [Deadline: Friday, August 22, 2025](#)

- Apply online [HERE](#)
- Download the pdf application [HERE](#)
- Review our [FAQs HERE](#)

Why This Matters

Across BC, First Nations communities are experiencing a shortage of culturally safe, accessible healthcare. Nurses from communities—who understand the histories, values, and wellness priorities—are key to transforming care systems from within.

Our CEO Nathania Fung shares, “This bursary program 100% donor funded—a testament to the shared belief that wellness is strongest when led by community. First Nations nurses are essential to the future of care in First Nations across BC. They bring cultural understanding, lived experience, and a commitment to healing that uplifts us all.”

Please reach out to us at foundation@fnha.ca if you have any questions about the bursary or the application process if you can't find what you're looking for in our FAQs.



Advisory and Monitoring Committee Trans Mountain Expansion and Existing Pipeline

Contract Opportunity: Grant Writer to Support Indigenous Marine Stewardship

Extended Proposal Deadline: Sunday August 3rd, 2025 at 11:59pm

Issued by: Indigenous Advisory and Monitoring Committee (IAMC-TMX) – Marine Shipping Subcommittee (MSSC)

Position: Part-Time Grant Writer

Contract Term: August 1, 2025 – March 31, 2027

Deadline for Application: Sunday August 3rd, 2025 at 11:59pm

Submission to: info@iamc.ca

Introduction

The Marine Shipping Subcommittee (MSSC) of the Indigenous Advisory and Monitoring Committee (IAMC) seeks to engage a part-time Grant Writer to support its mission of securing sustainable funding for initiatives that protect the marine ecosystem of the Salish Sea, advance Indigenous governance in marine stewardship, and further develop a concept called the House of Indigenous Ocean Resources (HIOR). This role is pivotal in identifying funding sources, crafting compelling proposals, and ensuring alignment with Indigenous leadership principles. The grant writer will work closely with MSSC leadership to secure financial support from philanthropic organizations, government programs, and potentially corporate partnerships to sustain and expand MSSC's strategic initiatives.

<https://www.iamc.ca/statement-of-work-part-time-grant-writer>



XWCHÍYÒ:M

CHEAM FIRST NATION

WATCHMEN

WATCHMEN@CHEAMBAND.COM

604-745-8052

HEALTH NOTICES

OVER-THE-COUNTER MEDICATION ASSISTANCE

CHEAM FIRST NATION HEALTH DEPARTMENT
IN PARTNERSHIP WITH
MODERN PHARMACY ROSEDALE



Thanks to the generosity of Javed at Modern Pharmacy, we now have a selection of OTC (Over-the-Counter) medications available at the Health Wing for those in need.

If you are unable to visit the pharmacy but need basic OTC medications, please come see Sarah at Health Wing for support and assistance

**YOUR HEALTH MATTERS –
WE’RE HERE TO HELP!**



LOCATION:
CHEAM HEALTH WING



**HOURS: 8:30AM
4:30 PM**



**FOR MORE INFORMATION,
CONTACT SARAH**

sarah.aleck@cheamband
778-839-5194

OPIOIDS

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT ARE OPIOIDS?

Opioids is an umbrella term for natural or synthetic drugs that are derived from – or related to – the opium poppy.

Opioids attach to receptors in the central nervous system, reducing pain signals to the brain. Commonly used opioids include oxycodone, morphine, codeine, heroin, fentanyl, methadone and opium.

SIGNS OF OVERDOSE

Opioids dull the senses, induce relaxation and euphoria. They depress (slow down) breathing and the heart rate.

In high doses, opioids depress the body's natural urge to breathe. When someone is having an overdose they can stop breathing and may die. Even if a person does not die from overdose, they can sustain brain damage.

Signs of overdose can include:

- No response to stimuli
- Shallow/stopped breathing
- Can't be woken up
- Unusual snoring/gurgling sounds
- Blue/grey lips or finger tips
- Floppy arms and legs

If you cannot get a response from someone, do not assume they are asleep. Unusual or deep snoring is a common sign of overdose. Do not let people at risk 'sleep it off'.

OVERDOSE RESPONSE

Sometimes it can take hours for someone to die from an opioid overdose. Action taken as soon as possible could save a life. If you think someone has overdosed, knowing how to respond is crucial:

Check for vital signs:

A Alert: Not responding to voice?

B Breathing: Noisy? Shallow? Slow? Stopped? Strange snoring?

C Colour: For fair-skinned people, blue or pale lips or fingertips?

For darker skinned people, grayish or ashen lips and skin colour.

If you see any of these signs, you should immediately move to activate the response plan for opioid overdose.

Before you act, check for dangers such as needles.

Call an ambulance, tell the operator your location, and stay on the line.

Try to get a response from the person by calling their name and/or giving a sternal rub (rub your knuckles firmly across their sternum).

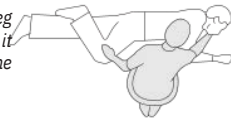
If you can't get a response, put them in the recovery position allowing their airways to remain open.

The Recovery Position

Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



If you HAVE nalcen/naloxone:

1. Assemble the naloxone ready for use and inject the full amount into the outer thigh or upper arm (or use nasal spray).
2. Record the time of administration. Provide this information to paramedics when they arrive.
3. If the person is not breathing, apply rescue breathing (2 breathes every 5 seconds).
4. If there has been no response after 3-5 minutes, give another dose of naloxone. Remember to record the time of administration.

Note: Naloxone will only temporarily reverse an overdose.

If you DO NOT HAVE nalcen/naloxone:

- If the person is breathing, leave in recovery position and monitor breathing.
- If person is not breathing apply rescue breathing and continue until:
 - The person starts to breathe on their own
 - Ambulance arrives
 - Someone else can take over for you.

WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do NOT leave the person alone.
- Do NOT give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO
ACT.

 **International Overdose
Awareness Day**
prevention and remembrance

A Penington Institute Initiative

For more information visit
www.overdoseday.com

STIMULANTS

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT ARE STIMULANTS?

Stimulants are a category of drug that increase alertness and heart rate, producing an effect of increased confidence, and energy.

Large doses of these drugs can result in anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Examples of stimulant drugs include: amphetamines, cocaine and Ecstasy (MDMA).

SIGNS OF OVERDOSE

Physical signs

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing

Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

OVERDOSE RESPONSE

Before you act, check for danger

Call an ambulance, tell the operator your location, and stay on the line.

Move the person to a quiet, safe room away from bystanders, noise, excessive light, heat and other stimulation.

If confused or panicking, try to reassure them.

If overheating, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

If you can't get a response or the person is unconscious, put them in the recovery position.

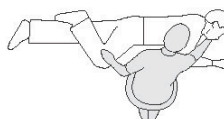
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

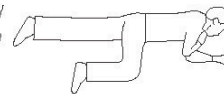
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO **ACT.**



International Overdose
Awareness Day
prevention and recovery

A Pennington Institute Initiative

For more information visit
www.overdoseday.com

OVERDOSE PREVENTION/TOOLS

These are some online trainings that anyone can access:

Here are some resources for anyone who might give or train someone to give nasal naloxone:

- Naloxone 101 Course <https://towardtheheart.com/naloxone-course>
Online, self-paced training tool.

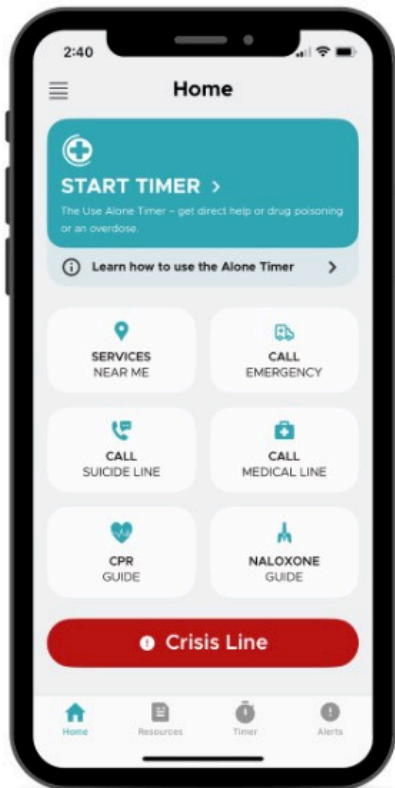
Best for a first training or annual refresher training. Completion time is approximately 60 minutes.

- NaloxoneTraining.com <https://www.naloxonetraining.com>
Online, self-paced training tool. Best for quick refresher training.

SAVE ME Steps to Respond to a Suspected Opioid Poisoning
<https://towardtheheart.com/resource/save-me-steps-to-respond-to-suspected-opioid>

-Completion time is approximately 10 minutes. Can support training needs in busy settings.

Microsoft Partner



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Benefits of the evan Platform include:

- Use Alone Timer
- Enhanced ``Services Near Me``
- Organized Resources
- Customizable Theme Selection
- Real-Time Drug Alerts
- Feedback-Driven Design
- Remote/Rural Response
- Personalized Resources