

# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS

*This QR code resource features details about our art piece, our featured artist, and local resources relating to mental health and substance use.*

## Who are we?

### **Our Mission Statement:**

“Our mission is to destigmatize substance use and mental health as part of a broader effort to reduce overdoses and drug-related crises in the Tri-Cities, and increase connection and compassion throughout the community. We seek to increase compassion and connection by providing meaningful and mindful opportunities to connect, dialogue and learn together as a community of youth.”

The Tri-Cities Overdose Community Action Team's Youth Ambassadors are a group of youth and young adults aged 17-28 who are passionate and thoughtful about making a difference in their community around mental health and substance use.

### **Our Vision Statement:**

“A Tri-Cities community where all youth experience compassion, connection and a sense of belonging and are empowered to contribute to the growth and well being of others in their community.”

## Our Connection to the Tri-Cities Community

The Youth Committee exists as 1 of the 3 projects from the Tri-Cities Overdose Community Action Team (TCCAT.)

For more information about the TCCAT, see:



## Table of contents:

- Page 1: Who are we?
- Page 2: About our art piece
- Page 3: Seek and Find
- Page 4: Seek and Find
- Page 5: Local Resources for Mental Health and Substance Use
- Page 6: Websites for Mental Health and Substance Use
- Page 7: Harm Reduction and Naloxone
- Page 8: Crisis Phone Lines and Text/Chat Lines
- Page 9: Thought-Provoking Videos and Apps



# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS

## ABOUT OUR ART PIECE

The youth committee began meeting in December 2019. With multiple members on the team, deciding on which type of project we wanted to do was initially challenging, as many amazing options from events and art pieces to technological projects were presented. Due to the COVID-19 crisis, our ideas were changes and narrowed to allow for safety, including meeting only on ZOOM. We decided that bringing awareness to the Tri-Cities through visual art, as well as connecting the community to resources via QR code would be an engaging project at this time. After deciding on a mural for our project, we wanted to paint a permanent mural on city walls. The opioid crisis is a major health emergency, and is still as prominent as it was the last few years. This crisis needs full awareness from the community, as changes need to be made to save lives. We hoped that a visual art piece would spark conversation, and would provoke an "I hadn't thought of that" moment.

We met with a local Indigenous artist Christine Mackenzie, who took time to hear about our vision, mission and values and agreed to work alongside us to action our art piece. Through ZOOM meetings, the group discussed themes of community, connection, anti-stigma, wellness, growth and re-growth, mental health, and support. The group discussed shapes, colours, designs, and images to support the desired meaning. Members of the committee submitted designs and ideas to each other and Christine. Christine presented the designs and the group narrowed down the designs that best represented their interest.

We were unable to find public or private property to paint on during our timeline, and came up with a "portable" mural idea. This allows us to bring our art piece to any events that are being held in the city, or any events that TCCAT holds. Having a "portable" mural may increase the amount of people that view the piece, as it will be able to be in different locations that have larger crowds.

We wanted an engaging piece that captured audiences of all ages and was visually appealing and intriguing. In addition to choosing symbolic elements that represent our mission and vision statements, we hid small images and words to make it engaging for all ages to try to "seek and find" certain elements of the piece. Having a "seek and find" element also captures the audience's attention for longer, hopefully increasing the chance of interest in the learning more about mental health, substance use, the overdose crisis and reflecting on their own relationship to community and others.

We are so excited to show off our art piece and see it displayed within the community. We hope that the piece will spark conversation, encourage reflection, and connect persons to resources via the QR code.

While a portable mural was decided to be a great idea at this point in our journey, some members still aspire to have a permanent mural in place on city or business property one day.



# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS

## Face, Positioning of the Head and Hand



For the design of the person, we chose a purposely non-gendered and non-descriptive shape to represent that substance use and mental health can affect anyone. We chose the colour purple to represent overdose awareness. The positioning of the face and hands shows the person is in a reflective and contemplative state and they are looking up, which represents looking forward and hope for the future.

## Butterfly and Life Cycle



The butterfly lifecycle represents growth and change, as the caterpillar must leave everything it has ever known behind to change and grow into a butterfly. This represents a sometimes intimidating and intense change process that many people have to go through when overcoming addiction.

## Tattoo



The tattoo of the semi-colon is used as a symbol of solidarity and affirmation around suicide awareness, mental health and substance use. Within Project Semi-Colon (founded in 2013) the semi-colon is “used when an author could’ve chosen to end their sentence, but chose not to. The author is you and the sentence is your life.”

## Stars in the Sky



Stars appear in abundance, provoking the mind to believe they are each alike and insignificant. Factually, however, each star is a sun to a whole galaxy -- full of purpose and meaning, looked up to by many. Though looking at a crowd of people simply shows a bounty of foreign faces, we often forget that each soul is likewise a star. As an outside observer, stars brighten a sky of darkness, each with a small (but significant) role in creating someone else's light. Stars appear in the reflective eyes of the face, reminding us that we are not alone and part of someone else's lit-up sky.

# TRI-CITIES COMMUNITY ACTION TEAM

## YOUTH AMBASSADORS



### **Fireweed**

We chose to use fireweed as a symbol of regrowth. Fireweed is known to be the first plant life to regrow after a forest fire. Fireweed is also purple, which is the colour of overdose awareness.



### **Sunflowers**

Sunflowers represent a community of warmth and support. The committee was inspired by the story that on a cloudy day, sunflowers turn towards each other for energy. With this in mind, we used sunflowers turning towards each other and the person in the middle to represent turning towards your community and connecting with one another, especially when times are hard. The petals touching the person represent support and physical touch, an important aspect of humanity but taboo topic during a pandemic. It is important to remain supportive and caring towards each other, even when we are living in trying times during a pandemic. Often those who suffer from addiction feel outcasted from their communities, when they really need support more than ever. Isolation from one's community may actually worsen addiction, feelings of pain and loneliness.



### **Bricks**

The bricks that make up the lower half of the person represent being a part of and built by one's city and community. However, more importantly, the bricks that were broken represent being broken down by stigmatization and harmful words that many sufferers of the opioid crisis experience. The bricks eventually become stronger and end, symbolizing rising from the stigma and personal growth.



### **Bee**

The bee in the image represents the importance of connection to community. The bee, despite being such a small creature, has a significant impact within their community, working to support the surrounding ecosystem to ensure that plants and crops grow. The bee is a reminder that no matter how small and insignificant we may feel at times, we are important and valued in our community. Hint: can you see the writing hidden on the bee?



# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS



Click the  
headers for  
links below!

## LOCAL RESOURCES FOR MENTAL HEALTH AND SUBSTANCE USE

### SHARE Youth Substance Use Support

2615 Clarke St., Port Moody, V3H 1Z4  
Provides free, confidential counselling  
for youth aged 12-24 and their families  
who have concerns about their own or  
someone else's substance use.

### Child and Youth Mental Health

3003 St Johns St, Port Moody, BC V3H  
2C4

Provides mental health services to  
children and youth. Serves Coquitlam,  
Port Coquitlam, and Port Moody.  
Intake hours are 9 am to 3:30 pm  
Tuesdays and Thursdays; no  
appointment or referral is required.

### Tri-Cities Youth Clinic

205 Newport Dr #2, Port Moody, BC  
V3H 5B7

Access to confidential, free  
contraception, STD testing

### Access Youth Bus

604-781-6671

As an after-hours program serving  
Coquitlam, Port Moody and Port  
Coquitlam, The Bus typically  
operates on Friday & Saturday  
evenings beginning at 7PM and  
running until midnight.

### START (Short Term Assessment Response Treatment) Program

205 Newport Drive Port Moody, BC  
V3H 5C9

The Short Term, Assessment,  
Response, Treatment (START) Team  
provides confidential mental health  
crisis intervention services for  
children and teens.

### Street Survival Guide

You can find out the services that are  
available to homeless persons in the  
Tri-Cities and how you can help.

# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS

## WEBSITES FOR MENTAL HEALTH AND SUBSTANCE USE



Click the  
headers for  
links below!

### Here to Help

A free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.

### Youth In BC

A program of the Crisis Centre. It connects youth with support, information and resources.

### My Cannabis IQ

An initiative championed by EPION's members to help you stay in-the-know about cannabis, its side effects, and the risk factors to keep in mind.

### Drug Cocktails

"Facts for Youth about mixing Medicine, Booze and Street Drugs" this site has been developed as a resource for youth and staff within Children's & Women's Health Centre of British Columbia Branch (C&W) for Provincial Health Services Authority.

### Bounce Back BC

Strategies and information for mental health and substance use

### The Foundry BC

A "one stop shop" for youth resources.

### BC Mental Health and Substance Use Services

BC Mental Health and Substance Use Services provides specialized treatment, education, health promotion and more for British Columbians.



# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS



Click the headers for links below!

## HARM REDUCTION AND NALOXONE

### Opioid Overdose Emergency in BC

A snapshot of the crisis in BC from 2008 to 2018.

### Where to Find Naloxone

Find Harm Reduction Supplies, including Take Home Naloxone Kits.

### Naloxone Training

Overdose prevention and response materials to educate people how to use naloxone. There are also resources for Take Home Naloxone sites that distribute kits.

### Know the Signs of an Overdose

Learn more about how to recognize and respond to an overdose.

WHERE TO FIND TAKE HOME  
**Naloxone Kits**  
IN THE TRI-CITIES

Naloxone, also known by the brand name Narcan, is a safe and highly effective medication that reverses the effects of opioid overdose.

You can access **free and confidential** Take Home Naloxone (THN) kits and training at the following locations across your community.

1	2	3		
<b>SHARE Family &amp; Community Services</b> 2615 Clarke Street, Port Moody (604) 936-3900	<b>Tri-Cities Public Health Unit</b> 200 - 205 Newport Drive, Port Moody (604) 949-7200	<b>3030 Gordon</b> 3030 Gordon Avenue, Coquitlam (604) 474-0435	<b>Lower Mainland Purpose Society - Health Van</b> Mobile service, call for access (604) 321-1855	<b>Community Pharmacies</b> Find participating pharmacies at <a href="http://towardtheheart.com">towardtheheart.com</a>

For more information: [towardtheheart.com](http://towardtheheart.com) or [fraserhealth.ca](http://fraserhealth.ca)

### Supervised Consumption Sites and Overdose Prevention Sites

Supervised consumption services and overdose prevention sites may offer a range of free health services. All sites offer non-judgemental support by trained staff and most have drug checking services available across the province.

# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS



Click the  
headers for  
links below!

## CRISIS PHONE LINES AND TEXT/CHAT LINES

### BC 24/7 Crisis Line

1-800-SUICIDE (1-800-784-2433)

### Fraser Health Crisis Line

1-877-820-7444

### KUU-US Crisis Line

(Support for Indigenous Peoples Only)

1-800-588-8717

### BC 211 Services Info & Referrals

2-1-1

SMS Text: Text name of your city to 2-1-1 from 8am-11pm PST

### Youth In BC - Chat

Instant Messaging support for youth under 25 in BC from Noon – 1am PST

### Youth Against Violence Support Line

24/7 Phone Line: 1-800-680-4264  
24/7 SMS Text/TTY for those hard of hearing only: 604-836-6381





# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS

## THOUGHT PROVOKING VIDEOS



Everything You Know About Addiction is Wrong - Johann Hari



Talking With Youth About Substance Use - Paying Attention-Relationship or Behaviour

## APPS

### LifeGuard App

Lifeguard App is a life-saving app designed to combat the opioid epidemic.



### MindShift App

MindShift is a free app designed to help teens and young adults cope with anxiety.



### What's Up? - A Mental Health App

What's Up is an app designed to provide helpful tools for managing depression.



# TRI-CITIES COMMUNITY ACTION TEAM YOUTH AMBASSADORS

## ARTIST BIO - CHRISTINE MACKENZIE

Christine Mackenzie is a First Nation Artist from the Kwakiutl Nation. She has been doing art all of her life, but started doing it professionally 12 years ago when she met Anastasia Hendry a Haida artist that has been a professional artist and Facilitator in multiple school districts for over 30 years. Anastasia saw something special in Christine and how she can break down the steps and process of her art. Anastasia mentored and then worked with her for 10 years. Christine's mother was born in Bella Coola and was a part of the Sixties Scoop, before Christine started her career she had a difficult time trying to find her identity as a young Indigenous woman, she found it by connecting through her art and culture. She has worked hard over her short time in the professional world of facilitating and art building up her business named Sneaky Native Art. In 2019 she was nominated for the Indigenous Women's leadership award and met Sgt Cheryl of the Transit Police and talked about how they were in need of a logo design, Christine created a design and submitted it, her design was chosen, she will have her art work over 20 districts on the transit police vehicles. Christine has been a part of six art shows and Facilitated workshops for all ages all over the Greater Vancouver, Fraser Valley and up north on occasion. During her workshops she shares First Nation Culture, Artwork and Protocols. She works in the multiple school districts and organizations that work with Youth/Family/Women at risk and mental health. She helps others in their journey to self identify through art and sharing her culture to encourage people from all different cultural backgrounds to be proud of their ancestors. When she is not in artshows or facilitating workshops she is creating custom art pieces. In 2019 creating wood burnt art on 20 different wood pallet trees for the Vancouver Convention Center ranging in size from 6ft 8inch to 5ft 4inch, custom glow in the dark drums, custom traditional and contemporary designs done in mixed mediums, tattoo design, murals, sensory path murals, pop up murals, logos, installations, illustrations and so much more. Christine's goal is to start the conversation of the dark history Indigenous, First Nations people have with Canada to help educate others so we can not repeat our history and do better for our Children's future. She finds inspiration in the natural world, balancing her work life with family and time spent in the woods hunting, gathering and connecting with nature. The First Nation Culture was once punishable by law and kept alive by elders so that people like Christine could practice her culture and share it, she is truly grateful and honored to have ancestral lineage giving her strength to share and show how alive The First Nations are. If you'd like to participate in a future workshop, have a custom piece created please or have a question for Christine please feel free to reach out to her at the following:

Email: [sneakynative@gmail.com](mailto:sneakynative@gmail.com)  
Instagram: [sneakynativeart](https://www.instagram.com/sneakynativeart)  
Website: [sneakynativeart.com](http://sneakynativeart.com)