



# Heartland Health Region

Healthy People, Healthy Communities, and Service Excellence in an Enduring Health System



## Take-Home Naloxone Program Launches in Heartland Health Region

As part of Saskatchewan's expanding Take-Home Naloxone (THN) program, THN kits will be available in Kindersley starting November 1, 2017. The program is being launched by Heartland Health Region (HHR) in partnership with the Ministry of Health.

The THN kits will be available free of charge to individuals at risk of an opioid overdose. The kits can be obtained at:

- Addiction Services, Kindersley and District Health Centre, Kindersley (306-463-1000 extensions 2560 or 2562).

At-risk individuals must first receive education on overdose prevention, recognizing and responding to an overdose, and proper administration of Naloxone using the THN kit.

The THN kit is then provided to the individuals at risk. Family members and friends are welcome and encouraged to participate in the training.

Dale Ternes, Director of Community Health Services, (THN Program Lead for Heartland Health Region), said the aim is to save lives through education and access to the kits themselves. "HHR is implementing the project to help individuals be prepared and proactive in preventing deaths from opioid overdose. Even one such death is too many," she stated.

Naloxone is an antidote to opioids such as fentanyl, morphine, heroin, methadone or oxycodone. When administered properly, naloxone can restore breathing to an individual experiencing an overdose. Naloxone is already in use in Saskatchewan emergency departments and by paramedics in emergency situations to treat an opioid overdose. **911 should always be called when an overdose is witnessed.**

Fentanyl is an opioid that is 50 to 100 times more potent than heroin, oxycodone or morphine. It is a prescribed painkiller that is often added to illegal drugs without people knowing. Overdose deaths attributed to fentanyl have been rising across Canada.

The Saskatchewan Ministry of Health is providing \$50,000 this year to fund THN programs in every health region in Saskatchewan. Currently, THN programs are available in the Saskatoon, Regina Qu'Appelle, Prairie North, Sunrise, Prince Albert Parkland, Five Hills, Sun Country, and Heartland health regions.

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