

# History and development of the Community Plan.

**T**his alcohol and drug plan is for the Downtown Eastside community. It recognises, however, that there needs to be City, Provincial and National plans designed.

Many reports and recommendations have been written over the years. What makes this plan unique is that it has been entirely envisioned, developed and written by the people of the Downtown Eastside community.

This plan is the result of over a full years' work. Community Directions with a mailing list of over 250 individuals and organisations established an Alcohol and Drug working group. Two full-day community think tanks were held, which formed the basis of the alcohol and drug plan. These ideas were discussed and expanded on through numerous community participation workshops. It is now being brought back to the community from which it was developed for a complete review. The community will then ensure that it becomes an action plan, rather than just one more report for the shelf.

## Find out more.

Contact Community Directions  
For:

- More copies of this pamphlet
- The full 27 point plan
- To discuss the plan
- To join the working group

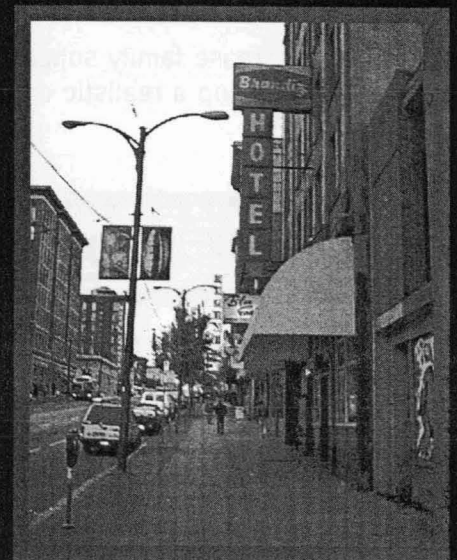
Or to arrange a formal presentation of the plan for your group, home or workplace.

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# Summary Of The Actions In The



# Community Drug & Alcohol Plan

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# COMMUNITY DRUG SUMMARY OF

## Prevention

The most effective way to deal with addictions is prevention. Providing early assistance to those with mental health issues, or those who due to abuse or trauma might attempt to self-medicate using drugs or alcohol is essential. Positive alternative activities for youth need to exist, and a realistic community based drug and alcohol education program needs to be created.

- Increase family supports
- Develop a realistic community based education program.

## Harm Reduction

Harm Reduction reduces the harm of drug use to the community and to individual drug users. At its base level, it enables drug users to stay alive and take advantage of treatment. The streets are kept clearer by designing around the negative aspects of drug use, for instance heroin maintenance programs which reduce street scenes and overdose deaths.

- Reduce street drug use via legal substitution.
- Reduce harm of alcohol use.
- Improve overall physical and mental health by providing food.
- Reduce preventable drug overdose deaths.
- Medically supervised injection rooms.
- Resource Centre.
- Heroin Maintenance Program.
- Accessible low-threshold methadone.
- Sobering Centre.

## Underlying the four strategies

- Services delivered by groups in the community.
- Development of an Advocacy System ensuring user access to resources and buildings.
- Increased Collaboration and co-ordination of services and resources.
- Develop a communication and education strategy around each part

Community Based Service

(High)

### Sustainable

- Abstinence
- Treatment
- Strategy for n and men
- Recovery

(Medium)

### Maximizing

Coordination

- Met
- Heroin n
- Cocaine
- Alcohol
- Alterna
- Medical s
- First Nations

(Low TH)

### Minimizing

Accountability

- Acce
- Medically supervis
- Resou
- Expand needle dis
- Peer response
- 24hr sob

Sensible

# AND ALCOHOL PLAN

## THE APPROACH

Community Education

(threshold)  
**Community Solutions**

Community based service  
 Community therapy  
 Multiple diagnoses  
 Mental health  
 Recovery houses

(threshold)  
**Community Safety**

Community based  
 Maintenance  
 Substitution  
 Exchange  
 Peer healing  
 Shortstay unit  
 Holistic Strategy

Community Plans

(threshold)  
**Community Risk**

Community based  
 Access to food  
 Safe injection sites  
 Support centre  
 Distribution and recovery  
 Support for drug overdose  
 Peer support centre

Advocacy

### Treatment

Treatment on demand is key. To do so, it must be comprehensive and accessible.

An increase in the variety and amount of programs; including funding for recovery houses. These must be developed hand in hand with the other three areas of focus.

- Expansion of a broad range of Detox and alternatives.
- Development and implementation of a comprehensive community based strategy.
- Provide services based on First Nations tradition.
- Provide access to those living with mental illness.
- Provide community medical short-stay unit.
- Increase funding and capacity of recovery homes.

### Enforcement

A community based enforcement strategy that is based on active partnership with the police department that supports harm reduction, treatment and prevention.

- Targeting of large scale non-addicted dealers.
- Effective “decriminalization” of personal amounts of drugs.
- Ensure drug courts do not use up existing resources and that their funding does not detract from harm reduction, prevention and treatment efforts.

- Focus on community assets and strengths.
- Develop accessible housing for active users and those recovering from alcohol and drug use.
- On-going community-based evaluation of all services and programs.
- Community Based model for Planning, Implementation and Service Delivery.

## Solutions

# Summary of Draft Community Plan.

**T**his drug and alcohol plan is for the Downtown Eastside community.

The plan emphasises that a comprehensive approach needs to be taken towards providing a continuum of services primarily delivered by and accountable to the community in which it is based.

The plan focuses on four areas; prevention, treatment, harm reduction and enforcement. It also divides needed services into three categories; low, medium and high threshold.

**Low threshold services** are those targeted at people who are not ready or interested in treatment or rehabilitation. These include services such as needle exchange and supervised injection-rooms, aimed to keep people off the street and enable them to stay alive and well until they get treatment.

**Medium threshold services** are those that would require a degree of commitment from the user, and therefore include such programs as methadone maintenance, Detox programs, or heroin maintenance.

**High threshold services** are those that target addicts who want to exit the drug scene completely and include treatment programs and recovery houses. The low, medium and high threshold services will address the spectrum of those currently living with drug and alcohol addiction, ultimately benefiting the wider community.

**The plan is comprehensive in its approach and requires that equal emphasis be placed on prevention, treatment, harm reduction and enforcement. The plan also requires that all four areas and all three approaches be implemented together in order that a real continuum is in place. This is essential for the plan to be effective.**

# Guiding principles of the Community Plan.

- 1 Users must be involved in the co-ordination, planning and implementation.
- 2 The Community must have a direct role in planning, implementation and delivery of services.
- 3 The safety and health of youth and children are paramount in the implementation of the plan.
- 4 The needs of the Aboriginal community must be addressed.
- 5 Services must be available and appropriate for all cultures and language groups.
- 6 Treatment must be accessible.
- 7 There needs to be a continuum of community based services.
- 8 Services must address the unique needs of a range of users.
- 9 Those living with mental illness must have their needs addressed.
- 10 There needs to be an increased and improved access to service.
- 11 A City, Regional and Provincial focus is necessary.
- 11 There must be accountability at the community level.
- 12 Access to housing and employment are critical.
- 13 There needs to be both research and evaluation of community programs
- 14 Improved working conditions of employees in the addiction field.
- 15 Businesses need to provide active partnerships.
- 16 Services must be ethical and compassionate.  
Need to maximise consumer choice and support.