

# Opioids in the Trades

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# Agenda



- Opioids and the Impact on Men in the Trades
- Mental Health
- Lopes and LGC Experiences

# Staggering Facts

## HOW MUCH DOES SUBSTANCE USE IMPACT MEN IN TRADES?

Since 2016 around:



**3 OUT OF 4**

opioid-related deaths were men



**30% TO 50%**

of those employed worked in trades  
at the time of their death

# Reasons

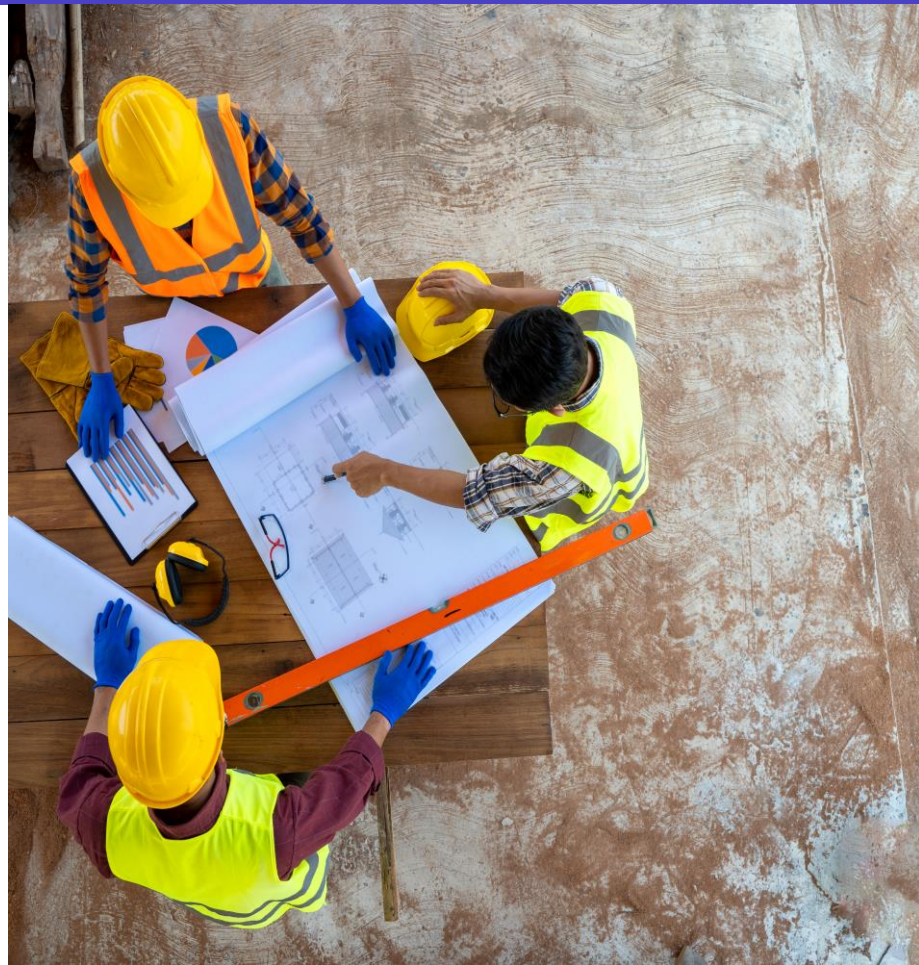


- Trades work is physically demanding and stressful. Trades workers often use substances like drugs and alcohol to celebrate or relax after work.
- Injury and pain are common. To cope, trades workers often use drugs and alcohol for pain relief. This is how some workers get introduced to opioids.
- “Men are often expected to not talk about their substance use or mental health problems. This makes them less likely to ask for help when they need it.”

[Men in trades and substance use - Canada.ca](https://www.canada.ca/en/health-services-agencies/2023/04/men-in-trades-and-substance-use.html)


Photos by Vecteezy.com

# Mental health



- In Canada, persons 15 years of age and older that use opioid pain medication, have 2.5 times higher odds of problematic drug use if they identify as having unmet emotional, mental health needs or problems with substances compared to those persons without such needs.
- Problematic use was more likely for people reporting fair or poor mental health (21%) compared with those who perceived good (9.4%) or excellent mental health (6.6%).

[Significant factors associated with problematic use of opioid pain relief medications among the household population, Canada, 2018 \(statcan.gc.ca\)](https://www150.statcan.gc.ca/n1/pub/82-625-x/2019001/article/00001-eng.htm)

A glowing yellow tent is pitched on a rocky, snow-dusted mountain peak at night. The tent's interior light illuminates the surrounding dark rocks and snow. In the background, more jagged mountain peaks are visible under a dark blue sky with a single bright star or moon.

**“Social connectedness has been shown to be health protective. Instability of connections, including unemployment (a period without usual contact with a workplace, employer, co-workers, or clients), has been associated with substance dependence, misuse, and harms.”**

**Stats Canada**

# The Lopes Experience and Hope

## Strategic Teamwork

- Felix Lopes Jr as a mental health ambassador
- Investment of additional Mental Health Services for Employees
- Creation of Employee Health Services
- Human Resources and Health and Safety Allies
- Supervisor mental health training and awareness
- Naloxone Training

## Outcomes

- Improved detection of mental health in the workplace
- Reduction in mortality from Suicide
- Fostering a culture for employees to talk about mental health
- Increasing engagement of men accessing mental health services



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**Thank you**

