

# GET TO KNOW YOUR ED PATIENTS

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## The Stories and Life Journeys of People Who Use(d) Substances

"A lot of loss was going on  
and that's when it started  
to go downhill."

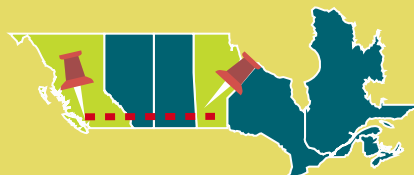
"Thank you for keeping a watch on how  
your performance is and keeping an  
update on that. Where can you improve  
and do better? That's a good thing."



Loves cooking and  
being an Aunt.



MS. J  
Cook



Ms. J is a lovely lady from Manitoba who has been a cook for over 15 years. Graduating from culinary school is one of her proudest accomplishments. Her life has not been without its difficulties as she turned to drinking and substance use to cope with the tragic loss of her brother and father. She moved out to BC for a fresh start, but unfortunately was introduced to opioids. After a scary overdose experience, she has worked hard to remain sober and focus on taking care of her health. Reintegrating into her Indigenous culture has helped her learn more about herself and move on from her past. As a frequent visitor to the St. Paul's Hospital Emergency Department, she has seen a vast transformation in her care and the care of people who use drugs over the past 15 years. "They'll steer them to somewhere they can get the help they are looking for," whether that's safe supply or overdose prevention sites. She's grateful for the help she's received over the years and the Department's commitment to improvement. She looks forward to getting back to her cooking and continuing to explore her love for food.