



# November Newsletter

## National Addictions Awareness Week: Nov. 12-18

Each year, the Canadian Centre on Substance Use and Addiction (CCSA) leads National Addictions Awareness Week (NAAW) to highlight issues and solutions to help address alcohol- and other substance-related addictions and provides an opportunity for Canadians to learn about prevention, talk about treatment and recovery, and bring forward solutions for change.

The theme for NAAW 2017 is WORDS MATTER and will focus on how the use of stigmatizing language can perpetuate false and harmful myths around substance use, and act as a barrier to recovery.

[CLICK HERE](http://www.ccsa.ca/Eng/newsevents/national-addictions-awareness-week/Pages/default.aspx) to learn more about National Addictions Awareness Week (or copy and paste the following URL into your browser: <http://www.ccsa.ca/Eng/newsevents/national-addictions-awareness-week/Pages/default.aspx>).

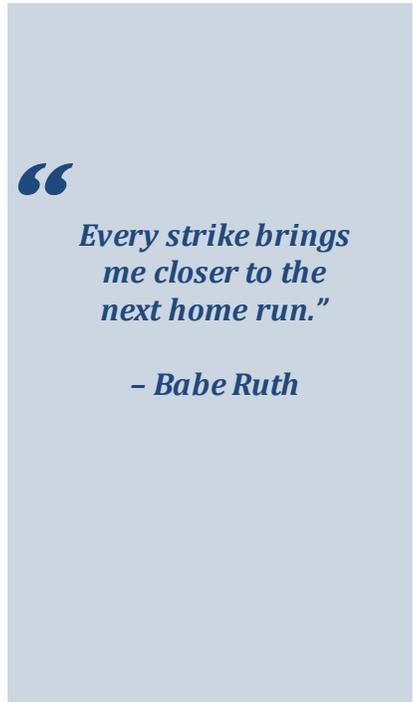
## Concurrent Disorders Screening and Assessment Tool

The Capacity Building Team created and utilizes a Screening and Assessment Tool which follows these steps:

1. Review clients goals, challenges, plans, strengths and supports
2. Screener for potential addiction/ problematic substance use (CAGE-AID)
3. Concurrent Disorders Assessment (substance use and mental health history)

The final page outlines stage-wise interventions (strategies and resources for people depending on which stage of change they are at).

To read and download a PDF version of the tool, visit our website by [CLICKING HERE](https://www.cdcapacitybuilding.com/clinical-tools) (or copy and paste the following URL into your browser: <https://www.cdcapacitybuilding.com/clinical-tools>).



## Why Cannabis Prohibition Should End

Many clinicians are concerned that cannabis legalization is sending the message to patients that cannabis use is safe, and believe that continued prohibition might send a more cautionary message. But prohibition has not prevented Canada from having one of the highest rates of cannabis use in the world. For the great majority of cannabis users who experience no or little harm, a criminal record will do far more harm than the drug itself. For patients, the problem with prohibition is that a criminal record will not serve their social stabilization or recovery; it will probably hinder both.

Clinicians familiar with the Compendium of Pharmaceuticals and Specialties know that almost all drugs have contraindications. We don't ban their use; we control them and educate health care providers on their safe use who then pass on this knowledge to their patients. This is also an important role for clinicians whether their patients are using cannabis for therapeutic or recreational purposes. A final consideration is a philosophical one. Do we want to live in a society in which any activity with risk is prohibited? If the answer is 'yes', then we should prohibit cannabis for recreational use. We should also prohibit beverage alcohol (again), and should promptly ban tobacco, gambling, video games, automobiles, most contact sports, and a substantial portion of the food sold in our grocery stores - and maybe the internet too. I believe that few of us want to live in that world.

No one knows exactly how Canada's legalization initiative will play out. It is an experiment, and not the controlled kind.

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*Written by Mike DeVillaer, who is an assistant professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and a policy analyst with the Peter Boris Centre for Addictions Research.*

## North America's First Supervised Inhalation Site to Open

"A facility in Lethbridge, Alberta will become North America's first supervised inhalation site when it opens early next year amid a drug death epidemic that has devastated families across the province.

ARCHES is the only organization or health board in the country, so far, to be granted approval by Health Canada for a site that will permit all four modes of drug consumption: injection, oral, intranasal and inhalation. The approval allows people to smoke substance such as methamphetamine (crystal meth), crack cocaine and heroin in specially ventilated rooms at the site.

Stacey Bourque, executive director at ARCHES, stated it was really important for their facility to address all four modes of consumption, as people are dying not only from injecting but also from snorting, taking pills orally and from smoking.

ARCHES staff say the new supervised consumption site opening in January will help prevent deaths, reduce the rates of transmission for HIV and Hepatitis C and encourage some people using drugs to get treatment.

There will be six injection booths and two independently ventilated rooms for smoking that will be observed by two nurses at all times. Afterwards, clients will be encouraged to stick around to use the kitchen, grab a shower, do some laundry or talk to a counsellor.

Bourque says there's been a lot of support for the site in Lethbridge and some opposition, too. However, she states that some of those concerns will be reduced once the site is open and people realize that this is not going to create a whole new list of social problems in the community.

[CLICK HERE](http://calgaryherald.com/news/local-news/canadas-first-inhalation-site-for-addicts-to-open-in-lethbridge?clddee=YnZlY2VuaWNAc3Rab2VzLmNh&recipientid=contact-a3f8ece4f1d1e6118105480cfeaa931-696bd8722e914f8e8460d0c395cf4a67&esid=6c4b9e4d-83bd-e711-8126-480cff4b5b1) to read the article in full (or copy and paste the following URL into your browser: <http://calgaryherald.com/news/local-news/canadas-first-inhalation-site-for-addicts-to-open-in-lethbridge?clddee=YnZlY2VuaWNAc3Rab2VzLmNh&recipientid=contact-a3f8ece4f1d1e6118105480cfeaa931-696bd8722e914f8e8460d0c395cf4a67&esid=6c4b9e4d-83bd-e711-8126-480cff4b5b1>).

## Ontario Taking Next Steps to Identify Cannabis Store Locations

The province has announced a framework to govern the lawful use and retail distribution of cannabis as a carefully controlled substance. This framework includes the Liquor Control Board of Ontario (LCBO) overseeing retail sales through new stand-alone stores and online ordering. Once a prospective store site has been identified, a notice will be posted online and at the location to let the public know that a space has been selected for a proposed storefront. Before any decisions are made, there will be an opportunity for the public to ask questions and provide feedback on the proposed location. Under the proposed approach, approximately 150 standalone stores will be opened by 2020.

[CLICK HERE](https://news.ontario.ca/mof/en/2017/10/ontario-taking-next-steps-to-identify-cannabis-store-locations.html?utm_source=all_news&utm_medium=ss_click&utm_campaign=ss_feed&clddee=YnZlY2VuaWNAc3Rab2VzLmNh&recipientid=contact-a3f8ece4f1d1e6118105480cfeaa931-696bd8722e914f8e8460d0c395cf4a67&esid=6c4b9e4d-83bd-e711-8126-480cff4b5b1) to read the article in full (or copy and paste the following URL into your browser: [https://news.ontario.ca/mof/en/2017/10/ontario-taking-next-steps-to-identify-cannabis-store-locations.html?utm\\_source=all\\_news&utm\\_medium=ss\\_click&utm\\_campaign=ss\\_feed&clddee=YnZlY2VuaWNAc3Rab2VzLmNh&recipientid=contact-a3f8ece4f1d1e6118105480cfeaa931-696bd8722e914f8e8460d0c395cf4a67&esid=6c4b9e4d-83bd-e711-8126-480cff4b5b1](https://news.ontario.ca/mof/en/2017/10/ontario-taking-next-steps-to-identify-cannabis-store-locations.html?utm_source=all_news&utm_medium=ss_click&utm_campaign=ss_feed&clddee=YnZlY2VuaWNAc3Rab2VzLmNh&recipientid=contact-a3f8ece4f1d1e6118105480cfeaa931-696bd8722e914f8e8460d0c395cf4a67&esid=6c4b9e4d-83bd-e711-8126-480cff4b5b1)).

## NEW Opioid Replacement Therapy (ORT) Consultations through the Capacity Building Team

Methadone Prescribers from McMaster University, Tim O'Shea and Christian Kraeker, are available for consultations through the Capacity Building Team. Please contact your capacity building contact for more information or to request a consultation.

## Staff and Service Spotlight

### Patient and Family Collaborative Support Services (St. Joseph's Healthcare Hamilton)

All staff and volunteers with the Patient and Family Collaborative Support Services have the lived experience of mental illness and/or addiction and/or as family members. Services are available to individuals and family members involved in inpatient and outpatient services of the Mental Health and Addiction Program. Self-referrals and drop-ins are welcome.

[CLICK HERE](https://www.stjoes.ca/patients-visitors/patient-community-engagement/patient-and-family-collaborative-support-services) to read more about the services offered (or copy and paste the following URL into your browser: <https://www.stjoes.ca/patients-visitors/patient-community-engagement/patient-and-family-collaborative-support-services>).

#### Staff Recovery Story

"My name is Kyle Landry. I am a Registered Nurse and I specialize in the care of people living in the community struggling with Schizophrenia and co-morbid illnesses. The disease of addiction has proved to be a formidable foe for some of these clients along with having Schizophrenia. Addiction carries its own type of delusion ideation which leads the person to believe that they have control over their use of whichever substance they may be dealing with. Behavioural changes and a distancing from one's own moral beliefs often proceeds.

Little did I know that for some time I had been living with the delusional that I had control over my alcohol consumption. It had begun to have a negative effect on relationships, work and things I used to enjoy. The harder I tried to get well on my own the worse the problem got. With support from family, friends and colleagues I was able to find recovery. Staying well requires telling the truth, constant vigilance and a solid plan.

This lived experience has helped me connect with clients who suffer from addiction on a much deeper level. It has greatly improved my insight into the disease of addiction and has increased my ability to provide excellent care with regards to the management of this disease."

#### Dual Recovery Anonymous (Mental Health & Addictions)

**Location:** Peer Support—Level 2 (Near Colour's Café) (Inpatient)  
**Mondays @ 11:00—12:00 pm**

#### Narcotics Anonymous

**Location:** Lower Auditorium  
**Mondays @ 7:30 pm—9:00 pm**

#### Cocaine Anonymous

**Location:** Lower Auditorium  
**Wednesdays @ 7:00 pm—8:00 pm**

#### Alcoholics Anonymous

**Location:** M150 (Inpatient)  
**Thursdays @ 6:00 pm—7:00 pm**

## Your CD Capacity Building Contacts

### SJHH - West 5th Site: R151

Fax: (905-381-5620)

|                                                                               |                      |
|-------------------------------------------------------------------------------|----------------------|
| <b>Brad Labuguen</b> (Manager)                                                | 36280                |
| <b>Megan Hemlow</b> (Clinical Team Lead), West 5 <sup>th</sup> Site           | 36287                |
| <b>Bojana Vucenic</b> (R.N.), Charlton Site                                   | 34901; Pager 5799    |
| <b>Doug Scholz</b> (R.N.), West 5 <sup>th</sup> Site, 9 & 10 AMH              | 39271; Pager 5738    |
| <b>Stephanie Bowen</b> (Addiction Specialist) *Weekend coverage from 1 – 9 PM | Pager 5799           |
| <b>Tim O'Shea</b> (Methadone Prescriber)                                      | Request consultation |
| <b>Christian Kraeker</b> (Methadone Prescriber)                               | Request consultation |
| <b>Alyssa DeAngelis</b> (Concurrent Disorders Intern)                         | 39124                |
| <b>Sandra Osazuwa</b> (Research Assistant)                                    | 39219                |
| <b>Vivian Baird</b> (Administrative Assistant)                                | 39343                |

**SJHH Intranet:** <http://mystjoes/sites/Depts-A-L/concurrent>  
**External Website:** <https://www.cdcapacitybuilding.com>



St. Joseph's  
Healthcare Hamilton

Youth Wellness Centre,  
Concurrent Disorders Capacity  
Building Team,  
and Good Shepherd Youth Services  
Presents

LGBTQ+



Concurrent Disorders  
Support Group

Starting November 7th 2017

**Ages 17-25**

**5:30pm - 7pm**

**Youth Wellness Centre**

**38 James st. S**

**Cats Eye Room**

**8 Week Group**

Drop in group that meets every Tuesday to provide support and skill based education regarding coping with mental health and substance use concerns for youth ages 17-25 who identify as Lesbian, Gay, Bi-sexual, Trans, and Queer

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**Interested or have any  
Questions?**

**(905) 522 1155 ext. 31725**

**[dasilvada@stjosham.on.ca](mailto:dasilvada@stjosham.on.ca)**



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