



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

April 2023 Newsletter

[N.W.T. Releases Strategy to Reduce Alcohol- Related Harms](#)

A 15 act plan will be taking place by the end of March 2028, in Yellowknife, N.W.T. The government has released its first strategy with the ultimate goal being to reduce alcohol related harms. This plan will improve policy prevention, public safety, treatment and communications. Incentives include introducing substance use education to a younger audience, the purchase of lower alcohol content products and more.

One of the strategy's goals is to create an interdepartmental body to collaborate on alcohol-related messaging. This would entail increasing awareness and promoting available services, and how to access them, providing low-risk drinking guidelines and deterring driving under the influence. Bree Denning, Senior adviser with the Department of Health and Social Services says this is "a step towards positive change."

[Click here for the full article](#)

[Budget 2023 out of Touch with Mental Health Crisis](#)

There is a profound concern from the Canadian Mental Health Association (CMHA) regarding the 2023 Budget and the absence of the long awaited Canada Mental Health Transfer.

This policy and mandate prioritized developing and expanding cost free and accessible substance use and mental health services that would be permanently funded across all of Canada. A grand total of 4.5 billion dollars over the course of 5 years was promised but never materialized since federal funding began in 2021.

What is actually in Budget 2023 is as follows: a budget of 2.5 billion annually over the course of 10 years, spread across four other healthcare priorities through bilateral agreements. The concern is the lack of recognition to the rising demands of community based mental health and substance use healthcare.

[Click here for the full article](#)



Young Adult Segment

Sex Differences in Brain Volumes and Psychological Distress: The First Hundred Brains Cohort of the Longitudinal Adolescent Brain Study

One of the most critical time periods in neurodevelopment is in childhood and adolescence. Science has proven the possible life-long lasting impacts when there are disruptions during this period and the effects on overall wellbeing and mental health. Every 1 in 5 children, aged 9 through 17 are diagnosed with neurodevelopmental changes that present differently between sexes. By observing these changes and differentiations it provides a better understanding of the timing and neurobiological disproportionate prevalence among sexes.

Key Highlights include:

- Unique adolescent mental health and multimodal neuroimaging dataset.
- Adolescent females have a greater psychological distress compared to males the same age
- Differences were found in subcortical volumes between but not in gross brain structures. (between sexes)
- The study found a sex specific relationship between psychological distress and volume in the right amygdala

[Click here to access the full study](#)

A Manualized Behavioral Therapy Intervention for Youth with Autism Spectrum Disorder and Substance Use Disorder

Every 1 in 4 children, 8 years of age or older are diagnosed with ASD — a neurodevelopmental disorder defined as repetitive behaviors and patterns and difficulty with social communication and interactions. The prevalence of individuals diagnosed with ASD and the comorbidity with the top three common psychiatric disorders is as high as 28% (ADHD).

In regard to the comorbidity amongst substance use disorder (SUD) and Autism spectrum disorder (ASD) the findings are inconsistent. However, even with the lack of findings on this population, reports indicate upwards of 20% of young adults aged 16 through 26 seeking treatment for SUD are showing prominent ASD traits as reported by a parent through the SRS-2 (Social Responsiveness Scale—Second Edition). It is important to note the SRS-2 is not an ASD diagnostic tool, but does attract distinct subset of clients to the study.

The findings indicate a new integrated approach of behavioral therapy that is flexible, manualized and non-proprietary, that has shown to be effective in treating ASD and SUD separately but when integrated addresses both diagnoses. The study finds flexibility to be the key both in the delivery of the therapy and including patients in the process.

[Click here to access the study](#)

[Click here for YA-SUP Loved Ones education Flyer](#)

***“What you do makes a difference, and you have to decide what kind of difference you want to make.”
— Jane Goodall***

Cannabis Column — Ontario Chamber of Commerce calls on Province to Allow Cannabis Lounges

In an effort to champion and modernize cannabis consumption, Canada has called upon the Ontario government to make efforts to allow cannabis consumption establishments. According to the Ontario Chamber of Commerce this is just 1 of 6 recommendations to address the growing potential the cannabis industry has, overcoming the barriers in place that are said to limit investments and store/producer margins.

Noted in the 2023 Provincial Budget, industries have been calling for this reform for years. According to Dan Sutton, CEO of British Columbia-based cannabis producer Tantalus Labs, “Continued government inaction is disproportionately punitive to small

businesses, whom lack the treasury funds to sustain continued losses quarter after quarter.”

The public submission made to the chamber note that even with the cannabis sector being one of the fastest growing sectors, the governments regulatory regime is overly restrictive and limit the industry's potential economically. Now what the chamber recommends is that the provincial and federal government work together to effectively compete with illegal sellers while finding an appropriate balance between public health and cannabis company development.

[Click here for the article](#)

[Click here for the 2023 provincial budget](#)

Clinical Corner — Scientists Identify New Target for Diagnosing and Treating Depression

A team of international researchers have recently found a protein in aged mice that can reverse memory decline and reduce depression like symptoms. This protein otherwise known as (GDF11) Growth differentiation factor 11, replicates cell processes that are key to protecting our neurological cells against brain damage. Additionally, these findings have shown a significant decrease in GDF11 levels in humans who are experiencing depression in comparison to a controlled group that is healthy (the human portion of the study were separated into 2 analyses).

Hamilton's very own professor in the department of Psychiatry and

behavioral neurosciences at McMaster University, Dr. Flávio Kapczinski, was amongst the researchers who conducted the study. These researchers found a link between neuronal autophagy (a natural protectant against brain damage) and GDF11. This protein has shown positive results in reactivating essential proteins that regulate autophagy, a protein that is altered among patients with MDD (major depressive disorder).

This study has been published in the *Nature Aging Journal* (a link can be found below) and included researchers from McMaster University, St. Joseph's Healthcare Hamilton (west 5th campus) and the Pasteur Institute a world renowned research lab in France.

[Click here for the article](#)

[Click here for the full study](#)

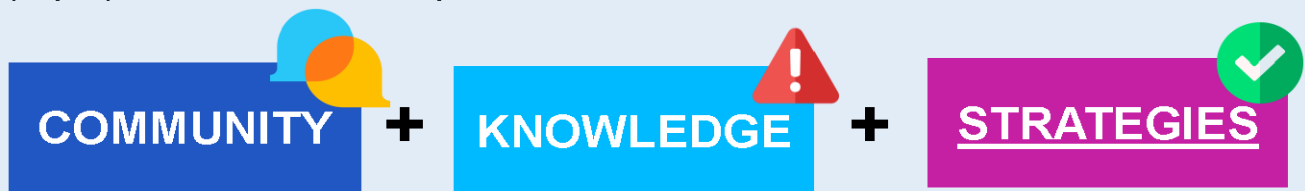
The Young Adult Substance Use Program (YA-SUP)

LOVED ONES EDUCATION GROUP

Community Reinforcement Approach Family Training

The YA-SUP Loved Ones Education Group is a group for the parents and other supporters of young adults (17-25) with substance use problems. This may include immediate, extended, or chosen parents and family members or close friends and partners.

This group is based on **Community Reinforcement Approach to Family Training – Support and Prevention (CRAFT)**. CRAFT is an evidence-based approach to change the way you interact with your child or loved one to promote positive relationships and recovery. Substance use can be difficult to understand and challenging to cope with. CRAFT talks about how **behaviour makes sense** and how the environment, community, and social support can play a powerful role in recovery.



This group includes 8 sessions:

- Group Overview, Safety, and Self Care
- Understanding Substance Use
- Understanding Co-occurring Mental Health Concerns
- Positive Communication
- Past Patterns & New Strategies
- Rewards & Coping with Intoxication
- Allowing Negative Consequences
- Review, & Next Steps



Sign up today to participate in one of our future group sessions.

If you are interested in participating in a Loved Ones Education Group, please register here: <https://rsjh.ca/redcap/surveys/?s=EAMLYJ3DD7>

St. Joseph's
Healthcare  Hamilton

Loved Ones Group

[Click here](#) for information on The Loved Ones Education Group



CONCURRENT DISORDERS FAMILY NIGHT LAST WEDNESDAY OF EVERY MONTH: 6:30- 8:30PM

The Concurrent Disorders Family Night series is a 4-session group (Does Not have to be attended in order) that focuses on supporting families and loved ones of individuals with co-occurring substance use and mental health disorders. Family Night is largely based upon the therapeutic interventions of CRAFT (Community Reinforcement and Family Training) and ACT (Acceptance and Commitment Therapy).

**No Referral Required* Do not need to attend in order!*

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**All loved ones, friends
and family members
welcome!**

**Week 1: Values, Recovery
and Acceptance**

**Week 2: Effective
Communication and
Support**

**Week 3: Boundaries,
Limits, and De-Escalation**

**Week 4: Doing For,
Motivation, and Self-Care**

**MORE INFORMATION AND
ZOOM LINK AT**

<https://www.cdcapacitybuilding.com/online-group-link>

Tobacco Addiction Recovery Program

New Cycle Starting in September 2023 - Now Taking Referrals!

The Tobacco Addiction Recovery Program (TARP) is an 8-week group program for clients living with mental illness and/or addiction who are motivated to quit smoking.

Participants are able to receive up to a total of 26 weeks of Nicotine Replacement Therapy (NRT) at no cost!

Self-referral or referral by a health care professional is required.



For More Information Go To:

<https://www.cdcapacitybuilding.com/smoking-cessation>

Striving for Comprehensive Queer & Trans Care: A Guide for Clinicians

WEDNESDAY, APRIL 26, 2023

12:00PM - 1:00PM

Presented by:

Hiva Nematollahi RSW, BSW (she/her)

Please join us on Wednesday, April 26th, 2023

Learning Objectives:

1. Understand the importance of Queer & Trans affirming care within the context of social determinants of health;
2. Learning terms and understanding the importance of language
3. How to navigate making mistakes;
4. Ensuring client safety.

[Register through Eventbrite HERE](#)

Contact: jbarahon@stjosham.on.ca

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Health Promotion Days & Celebrations This Month

- [World Autism Awareness Day — April 2nd](#)
- [International Day of Conscience — April 5th](#)
- [Green Shirt Day — April 7th](#)
- [World Health Day — April 7th](#)
- [FND Awareness Day — April 13th](#)
- [National Day of Mourning — April 28th](#)

* If you would like more information on the days and weeks we are celebrating this month, please feel free to click on the available links.

Your CD Capacity Building Contacts

CDCBT Located at CPC West 5th Campus, Level 0 Outpatient	Fax: (905-521-6059)
Melissa Bond, CDCBT Admin Support (Monday—Thursday)	Ext. 39343
Catherine McCarron, RSW, MSW, Manager	Ext. 34388
Victoria Stead, Psychologist for CDCBT, CDOP and YASUP	Ext. 39765
Tracie Groff, Addiction Attendant	Ext. 36287
Michelle Sanderson, Community Support Counselor—Addiction Specialist & Transitional Specialist	Ext. 36868
Jonathan Paul, Community Support Counselor—Addiction Specialist	Ext. 35324
Bill Baker, RP Mental Health Worker—Nights	Ext. 32801
Patrick Geuba, Registered Nurse	Ext. 35324
Cora Perrin, Community Support Counsellor—Addiction Specialist (PT)	Ext. 36287
BreAnne Dorion, RSW, Mental Health Worker CPT	Ext. 32744
Paige Hastings, RSW, Community Support Counsellor—Addiction Specialist CPT	Ext. 34901
Jasmine Barahona, Concurrent Disorders Intern	Ext. 39124
The Young Adult Substance Use Program (YASUP) Located at CPC West 5th Campus, Level 0 Outpatient	Fax: (905-521-6059)
Meghan Barati, RSW, Mental Health Worker	Ext. 33213
Meaghan Lardie, Community Support Counsellor—Addiction Specialist	Ext. 33662
Opioid Replacement Therapy consultations available through Addiction Medicine Service Team	Contact Paging