



### Inside This Issue

- Young Adult Substance Use Program Highlight .....1
- CCSA’s Issues of Substance 2021: A Virtual Experience ....2
- National Addictions Awareness Week.....2
- NOTICE: New High Potency Synthetic Opioid .....3
- Community Reinforcement and Family Training.....3
- New Staff Introduction.....3

# November Newsletter

## Young Adult Substance Use Program Highlight: Loved Ones Education Group

In this section, we will be highlighting one of the programs offered as part of the Young Adult Substance Use Program (YA-SUP) at St. Joseph’s Healthcare Hamilton. The YA-SUP is designed to meet the unique needs of young adults (17-25 years of age), and offers two streams: a young adult stream and a loved one’s stream. This article will be focusing on the details of the Loved Ones stream—the Loved Ones Education Group.

The YA-SUP Loved Ones Education Group is a group for the parents and other support persons of young adults (17-25 years of age) with substance use problems. This may include immediate, extended, or chosen parents and family members or close friends and partners. Individuals are able to attend the Loved Ones Education Group regardless if their loved one is involved in the Young Adult Stream of the program or not. If their loved one is involved, there is no information shared between the streams, allowing both young adults and their loved ones to feel comfortable.

The 7 different group sessions are based on Community Reinforcement Approach to Family Training (CRAFT). CRAFT is an evidence-based approach to changing the way individuals interact with their child or loved one to promote positive relationships and recovery. CRAFT involves discussion regarding how behaviour makes sense

and how the environment, community, and social supports can play a powerful role in recovery. This group is a combination of a supportive community, expanding knowledge, and evidence-based strategies.

The Loved Ones Education Group includes 7 sessions:

1. Group Overview, Safety, and Self Care
2. Understanding Substance Use
3. Positive communication
4. Past Patterns & New Strategies
5. Rewards & Coping with Intoxication
6. Allowing Negative Consequences
7. Special Cases, Recap, & Next Steps

To get started with the group, loved ones can register for the next cycle of the group using the link attached. Additional information can also be found at [Loved Ones Stream | CDCBT \(cdcacitybuilding.com\)](#) .

[REGISTER](#) for the next cycle.

[CLICK HERE](#) for program information materials.

# Canadian Centre on Substance Use and Addiction—CCSA’s Issues of Substance 2021: A Virtual Experience

The Canadian Centre on Substance Use and Addiction is holding their Issue of Substance 2021 conference from November 23—25, 2021 as part of National Addictions Awareness Week.

Themed **Driving Change Together**, the conference notes the need for varying perspectives and collective efforts to drive change for people who use substances.

The event is entirely virtual and takes place over three half days.

Features of the event include 6 concurrent sessions, over 100 presentations, 6 workshops, over 120 poster presentations, and a total of 12 hours of learning over the three days.

The event is an opportunity to share new research, best practices and personal experiences related to substance use and addiction, prevention, education, harm reduction, treatment and recovery.

[CLICK HERE](#) for more information and to register



*“What mental health needs is more sunlight, more candor, more unashamed conversation.” - Glenn Close*

## CCSA National Addictions Awareness Week

[National Addictions Awareness Week](#), led by the Canadian Centre on Substance Use and Addiction, takes place from November 23 to 25, 2021. This year’s theme is **Driving Change Together** which puts the focus on the far-reaching and complex issue of substance use. It highlights the idea that it takes a wide range of perspective and collective efforts to truly create and push for the needed change to create a better future for individuals who use substances. Under this theme, addiction workers, mental health workers, healthcare professionals, researchers, policy makers, knowledge brokers and people with lived and living experience come together.

A pertinent situation requiring the driving of change together is the [opioid overdose crisis](#), which has worsened during the COVID-19 pandemic. Responding to increases in overdoses

related to opioid use requires a joint effort by various individuals, roles, organizations and policy initiatives.

National Addictions Awareness Week highlights solutions to help address harms related to alcohol and drug use, providing an opportunity for people in Canada to learn more about prevention, discuss treatment and recovery, and to bring about solutions towards change.

## NOTICE: New High Potency Synthetic Opioid N-Pyrrolidino Etonitazene Linked to Overdoses Across United States

A new synthetic opioid has been circulating in Ontario. Reports of seized fentanyl mixed with Etonitazepyne (N-Pyrrolidono Etonitazine) have been confirmed in Cornwall in May 2021 and Toronto July 2021.

N-Pyrrolidino etonitazene (etonitazepyne) is a new high potency synthetic opioid bearing structural resemblance to etonitazene. New synthetic opioids may be mixed with more traditional opioids, creating additional risk and danger for recreational drug users. The primary adverse effect associated with synthetic opioid use is respiratory depression, often leading to death. It is currently unknown if Etonitazepyne was present in any suspected fentanyl cases in the Hamilton area during the summer months. Health and social service providers can assist by:

- Alerting individuals using street drugs and their families of the potential increased risk of overdose
- Encouraging harm reduction strategies
- Educating individuals and family
- Referring individuals and families to receive free naloxone overdose kit and training
- Referring to addiction treatment or drug withdrawal services
- Prescribing or managing opioids according to guidelines.

For more information related to this notification, please call the Harm Reduction Intake Line Monday to Friday 8:30 a.m. to 4:30 p.m. at 905-546-4276.

[Click here for more information](#)

## The Essentials of... Series: Community Reinforcement and Family Training

The Canadian Centre on Substance Use and Addiction provides evidence-based guidance and practical information on the topic of Community Reinforcement and Family Training (CRAFT) to enhance practice in the substance use field.

CRAFT is a positive and motivational therapeutic approach for concerned families and close friends of people (CSOs) with substance use problems, and has three main goals:

1. To improve the quality of life and functioning of the CSO
2. To reduce their loved one's substance use; and

3. To engage the loved one in treatment and support.

CRAFT uses structured techniques that work together to achieve each goal, including CSO engagement and assessment, behavioural skills training, and preparation for setbacks.

CRAFT builds on principles of positive reinforcement in order to influence outcomes for individuals with substance use disorders and their CSOs. The approach has been found to be effective with a variety of substances involves and with a range of CSOs.

[CLICK HERE](#) for full resource

## New Staff Introduction! Dr. Victoria Stead

I'm Victoria Stead, the new psychologist with YASUP. I completed my doctoral training at McMaster University. For my dissertation research, I examined biological and social correlates of borderline personality disorder in adolescents. I completed my pre-doctoral residency at The Royal Ottawa Mental Health Centre, which included a primary rotation with the Transitional Age Youth Service in the Substance Use and Concurrent Disorders Program. I love both my clinical and research work. Here at St. Joe's, I hope to investigate ways to improve concurrent disorders treatment for youth/young adults. In my spare time, I love to go hiking with my family's dogs (3 Rottweilers!), try new restaurants, and explore new places (both locally and abroad). I'm excited to be a part of the Concurrent Disorders Outpatient team!

# Understanding the service needs of youth with opioid use: A descriptive study of demographics and co-occurring substance use and mental health concerns

In the face of Canada’s opioid overdose crisis, opioid use among youth is of especially significant concern; yet challenges remain for youth who use opioids when seeking treatment. This study aims to understand the demographics, mental health, substance use, and co-occurring concerns of youth with opioid use who are seeking services.

The authors of this study characterized a sample of youth who use opioids seeking treatment at a Canadian, hospital-based, youth addiction and concurrent disorders service by several areas of comparison to youth with no opioid use.

Challenges for service-seeking youths who use opioids may include limited problem recognition, inaccessible or inadequate supports, and a lack of sufficient integration of mental health and substance use services within mainstream

healthcare.

Highlights of results include:

- Youth who use opioids were more likely to experience more challenging social determinants of health
- Youth with opioid use reported using almost twice the amount of substances on average compared to youth with no opioid use
- Youth with opioid use reported initiating tobacco, alcohol, and cannabis use almost a year earlier than youth with no opioid use
- No found difference between groups for first-time use of depressants
- Almost 10% more youth with opioid use screened positive for a likely diagnosis of an internalizing or ex-

ternalizing disorder than youth with no opioid use

- In the sample, 72.4% (n =425) of youth with opioid use compared to 56.9% (n =659) of youth with no opioid use reported concurrent mental health and substance use concerns

This study also validates previous reports of employment/education status and substance use as predictors of youth opioid use. As well as that youth with opioid use possess more complex treatment needs.

The authors propose direction of future research to go towards evaluating and developing opioid-related interventions in the context of integrated youth service areas.

[CLICK HERE](#) for the article

## Your CD Capacity Building Contacts

<b>SJHH - West 5th Site: R151</b>	<b>Fax: (905-381-5620)</b>
<b>Catherine McCarron (RSW, MSW, Manager)</b>	Ext. 34388
<b>Young Adult Substance Use Program (YA-SUP)</b>	<a href="mailto:yasup@stjosham.on.ca">yasup@stjosham.on.ca</a>
<b>Candice Brimner (Social Worker), Vanier Towers</b>	289-260-0543
<b>Bill Baker (Mental Health Worker) Charlton Site</b>	Ext. 32801; Pager 5799
<b>Michelle Sanderson (Community Support Counsellor), West 5<sup>th</sup> &amp; Charlton</b>	Ext. 36868; Pager 5707
<b>Jonathan Paul (Community Support Counsellor), West 5<sup>th</sup> &amp; Charlton Site</b>	Ext. 36287; Pager 5799
<b>Melissa Bond (Administrative Assistant)</b>	Ext. 39343
<b>Tracie Groff (Addiction Attendant), West 5<sup>th</sup> &amp; Charlton Site</b>	Ext. 34901
<b>Nick DiCarlo (Addiction Attendant), West 5<sup>th</sup> &amp; Charlton Site</b>	
<b>Amanda King (Community Support Counsellor), Charlton Site</b>	Ext. 36227
<b>Victoria Kay (Concurrent Disorders Intern)</b>	Ext. 39124
<b>*Opioid Replacement Therapy consultations available through Addiction Medicine Service Team*</b>	Contact Paging

**\*Updated evening/night coverage for ED/PES: Monday to Thursday 8:00pm-6:00am, Saturday and Sunday 12:00pm-12:00am.**

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

# Virtual Drop-In Group Information

---

We are happy to have all of our drop-in groups running virtually through ZOOM!  
Below are the times and a brief description of the group offered by the Community Psychiatry team at W5th  
All ZOOM links found at [cdcapacitybuilding.com](http://cdcapacitybuilding.com)

**Mondays 1:30-2:30pm – Moving Forward Skillfully \* No Referral Required \***

A weekly drop-in class with 6 different modules

Start any week

Learn skills from DBT including emotion regulation, distress tolerance, and mindfulness

**Tuesdays 1:30-3:00pm – SMART Recovery \* No Referral Required \***

A drop-in self-help group for recovery from any type of addictive behaviour

Groups are led by a clinician and volunteer with lived experience

Limit of 10 participants per group

**Wednesdays 1:30-2:30pm – Steps to Recovery \* No Referral Required \***

A drop-in self-help group with 6 modules to increase motivation to decrease substance use

**Last Wednesday of Every Month 6:30-8:30pm – Friends and Family Night**

A group for loved ones of those with substance use, mental health or concurrent disorders

Contains 4 modules on supporting loved ones, creating boundaries, and self-care

**Thursday 1:30-3pm – ACT**

A weekly drop-in class with 4 different modules.

Start any week

Available to all clients in the Community Psychiatry Clinic with any mental health diagnoses

Topics from ACT therapy include: mindfulness, clarifying values, committed action, fusion vs. diffusion, control vs. willingness, acceptance as an alternative, and action planning

**Monday 10-11:30am – PAWS**

Pick up a package and join any week!

6 different topics to help support and strengthen recovery: 1) Education around post-acute withdrawal syndrome 2) Physical health exercise and nutrition 3) Mindfulness 4) Sleep hygiene 5) Budgeting and financial security 6) Self-care, balance and resiliency

These 6 sessions provide us an opportunity to pause, reflect and build on our own foundations of recovery

**Wednesdays 11am-12pm and 1-2pm, Thursdays 11am-12pm – Drop-In DBT**

This "drop-in" is designed to provide a brief sampling of DBT skills - not a formal DBT group  
Start any week



The Concurrent Disorders Capacity Building Team

## Acceptance and Commitment Therapy for Depression and Anxiety

Presented by:

**Kim Jones**, BScN, MNursing, CPMHN, CBSDip

Kim Jones is a Registered Nurse with St. Joseph's Healthcare Hamilton's East Region Mental Health Services (ERMHS) and we are excited to have her speak this month!

**Please join us November 24<sup>th</sup> for a discussion on acceptance and commitment therapy (ACT) for the treatment of depression and anxiety.**

Attend the session virtually through ZOOM:

**Wednesday November 24<sup>th</sup> 2021 from 12:00 – 1:00pm**

<https://stjosham.zoom.us/j/66062493586?pwd=cytoTkpiemhEeSt2bDVkZm5PcUljUT09>

Please **CLICK HERE** to register online  
If you have any questions, please contact  
Victoria Kay at [kayv@stjosham.on.ca](mailto:kayv@stjosham.on.ca)

St. Joseph's  
Healthcare  Hamilton

# Young Adult Substance Use Program (YA-SUP)

A program designed to meet the unique needs of young adults (17-25 years of age)

**Our mission** is to provide young adults with the support and skills to:

- 1 Reduce the negative impacts of substance use** on young adults' lives. This can be abstinence, reduced use, or using harm reduction strategies.
- 2 Improve mental health and wellbeing** by considering the whole-person.
- 3 Increase substance-free activities** to create a pleasurable life that aligns with their goals.

The **Loved Ones Support Group** is a group for loved ones of young adults with substance use problems. The Loved Ones Stream is distinct and operates *separately* from the Young Adult Stream.

If you are interested in participating in a Loved Ones Support Group, please register on the webpage: <https://www.cdcapacitybuilding.com/youth-program>

**The Young Adult Stream revolves around a 12-week structure and includes:**

**Five individual sessions** including:

- ✓ Intake assessment (2 hours)
- ✓ 1 week feedback session (1 hour)
- ✓ Check-ins (30 minutes) at weeks 4, 8, and 12

**Daily Group Programming** including:

- ✓ **Mind-Drug Connection** based in Cognitive Behavioural Therapy and Relapse Prevention.
- ✓ **Navigating the Week** based on Relapse Prevention.
- ✓ **Levelling up Your Health** focused on the connection between physical and mental health
- ✓ **Balancing Emotion and Mind** based on Dialectical Behavioural Therapy.
- ✓ **Mindfulness** based on Mindfulness-Based Stress Reduction.
- ✓ **Peer Space** focused on mutual support groups.

**Consults** with a specialized Nurse Practitioner may be offered to help clarify diagnoses and explore medications.

## Who is this program for and how to refer?

- Young adults age 17-25
- Young Adults looking to make changes to their substance use
- Young Adults committed to attending group-based treatment
- Those not in immediate crisis

### CONNECT MHAP

(self or professional)

(905) 522-1155, Ext.36499

### Internal referrals

can be made via Dovetale

To note: The YA-SUP is not intended for those **only** requiring access to consults. The Concurrent Disorders program may be more appropriate for those not willing or able to attend groups or primarily requiring diagnostic clarification or medication.

**YA-SUP**

St. Joseph's  
Healthcare  Hamilton

More information here: <https://www.cdcapacitybuilding.com/youth-program>

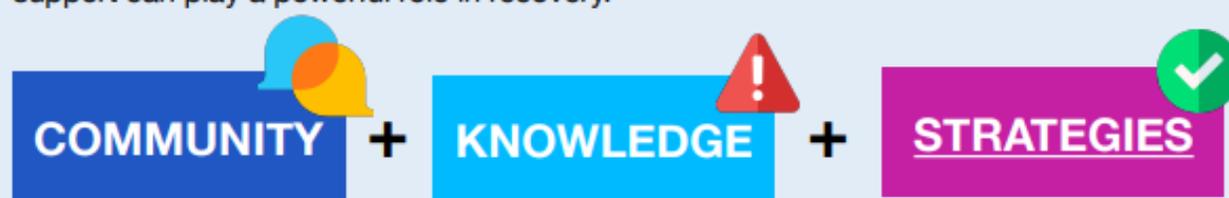
# The Young Adult Substance Use Program (YA-SUP)

## 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 7 sessions:

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



**Sign up today to participate in one of our future groups.**

**The next two cycles will begin November 9, 2021 and January 11, 2022.**

**Groups run for 7-weeks, on Tuesday's 6:00-7:30pm.**

If you are interested in participating in a Loved Ones Education Group, please register here: <https://www.cdcapacitybuilding.com/youth-program>

St. Joseph's  
Healthcare  Hamilton



# **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!*

St. Joseph's  
Healthcare  Hamilton

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

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

**Week 2: Effective  
Communication and  
Support**

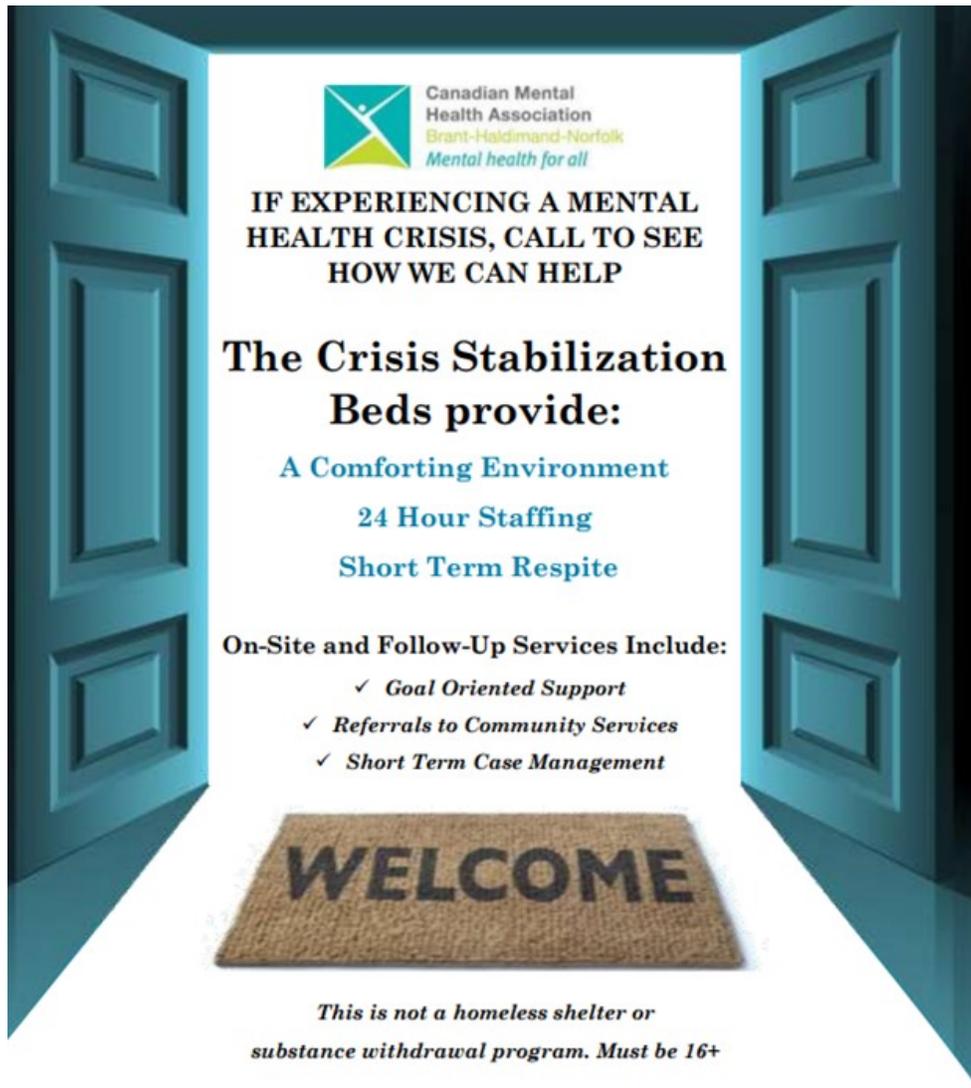
**Week 3: Boundaries,  
Limits, and De-Escalation**

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

**MORE INFORMATION AND  
ZOOM LINK AT**

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

# Community Resources



 Canadian Mental Health Association  
Brant-Haldimand-Norfolk  
*Mental health for all*

**IF EXPERIENCING A MENTAL HEALTH CRISIS, CALL TO SEE HOW WE CAN HELP**

**The Crisis Stabilization Beds provide:**

- A Comforting Environment
- 24 Hour Staffing
- Short Term Respite

**On-Site and Follow-Up Services Include:**

- ✓ *Goal Oriented Support*
- ✓ *Referrals to Community Services*
- ✓ *Short Term Case Management*

**WELCOME**

*This is not a homeless shelter or substance withdrawal program. Must be 16+*

**WE ARE HERE TO HELP**  
**519-426-2093 OR 1-888-750-7778**

189 Norfolk St. S. Simcoe, Ontario