



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

July 2022 Newsletter

Withdrawal Management Standards

Alcohol and Mental Health Ontario (AMHO) has provided an updated version of the Ontario Provincial Standards for Withdrawal Management Services. This resource sets out care standards for professional and clinical practice to guide withdrawal management services.

Principles to guide a provider's withdrawal management services:

- Ensure services reflect evidence-informed best practices
- Provide client-centric care
- Provide accessible care and supports
- Foster a culture of respect
- Ensure a culturally safe environment
- Provide trauma-informed services and supports
- Commit to providing services that are anti-stigma
- Encourage family, partner and friend involvement

The standards are divided into three main sections reflective of an individual's pathway:

1) Preparing for and Accessing Withdrawal Management Services

- Focuses on reducing barriers to accessing withdrawal management

services

2) During Withdrawal Management

- Service providers should do everything possible to ensure the withdrawal experience meets each individual's unique needs and is as comfortable and safe as possible

3) Preparing for Ongoing Recovery After Withdrawal Management

- Transition planning forms part of the personal treatment and recovery/wellness plan and should be done thoroughly in collaboration with the individual, their circle of support, and allied health and social services

The new standards provide updated medication guidelines and an added focus on vulnerable populations.

[SNAPSHOT of the Withdrawal Management Standards from AMHO](#)

[Ontario Provincial Standards for Withdrawal Management Services](#)

In The News

McGill students hand out harm reduction kits at addiction treatment Clinics

[Student-led initiative, ConsumAction](#), aims to alleviate stigma surrounding substance use and to raise awareness about overdoses. In addition to offering drug user survival kits with basic personal care products, the program also provides withdrawal kits. These kits include items such as ibuprofen, Gravol, and basic hygiene products to help treat withdrawal symptoms.

New high school program aims to educate on opioid overdoses

In addition to have the opportunity to receive CPR and automated external defibrillator training in high school, students now have the opportunity to learn how to respond to an opioid overdose. The Advanced Coronary Treatment (ACT) Foundation is [launching this free program](#) to high schools across Canada, initially being deployed in select schools in Quebec, Alberta, Ontario and British Columbia.

Adverse Childhood Experiences: The Brain Story

Experiences from early childhood shape our minds and play a significant role in how we interact with the world as teens, adolescents, and adults. Adverse childhood experiences (ACEs) are stressful experiences, such as abuse, neglect, and household function that occur before age 18, and can increase the risk of physical and mental illness later in life, including substance use disorders. It is important to understand how ACEs affect brain development and shape health outcomes to identify risk for substance use and associated harms. Knowing this information can also be helpful in identifying opportunities for intervention.

The Alberta Family Wellness Initiative (AFWI) developed the [Brain Story](#), a story about how experiences shape our brains. It describes the science and relationship among ACEs, brain development and health outcomes using metaphors.

Brain Story Concepts:

- Brain Architecture
 - Early experiences affect the physical architecture of the developing brain
 - Crucial to get the early supports built strong
- Toxic Stress
 - Occurs when no supportive caregivers are around to buffer body's response to Repeated negative experiences
- Air Traffic Control
 - The 'executive function' system of the brain
 - Integrated cognitive, social, and emotional

skills

- Serve & Return
 - Interactions exchanged with caregivers throughout young person's developing years are bricks for healthy foundation for future development
- Resilience
 - The ability to stay healthy even in circumstances of severe stress
 - Foundations of resilience are strong brain architecture and air traffic control skills

Adverse childhood experiences (ACEs) are another name for toxic stress, and addiction is a complex disease involving both genetic factors and changes to the brain caused by life experiences. Often occurring in childhood and adolescence, these changes include altered functioning of the reward and motivation systems and air traffic control systems. This means that a person with an addiction compulsively seeks out addictive substances or behaviours regardless of the potential for harm.

Factors to counteract the underlying changes include, comprehensive care overseen by qualified professionals, a chronic-disease management model, a continuum of care, and family-centred care.

Cannabis Corner— Cannabis Use During Pregnancy and Breastfeeding

After alcohol, cannabis is the second-most common psychoactive substance used during pregnancy. A recently published report by the Canadian Centre on Substance Use and Addiction presents the latest clinical evidence on how cannabis use during pregnancy and breastfeeding can affect a developing fetus and infant.

Key points include:

1. Effects of cannabis can be passed on to the baby
2. Cannabis can affect the baby's growth and brain development
3. There is not sufficient evidence to support using cannabis for treating negative symptoms of pregnancy

Individuals may use cannabis during pregnancy based on the belief, although not supported by sufficient evidence, that cannabis can relieve some common symptoms of pregnancy, as well as the belief that cannabis is harmless. There is no evidence

demonstrating that cannabis use during pregnancy can alleviate common symptoms.

Research from Weisbeck et al. (2021) found that pregnant women who use cannabis generally perceive cannabis as having low risks for the fetus compared with pregnant women who do not use cannabis.

Healthcare providers need to explore potential risks of cannabis use during pregnancy and breastfeeding with patients and provide information and resources. Concerns persist regarding a lack of sufficient guidance for addressing maternal cannabis use during these periods, and that there is a strong need for training. This resource can be utilized by healthcare providers to advise patients and have discussions regarding the effects of cannabis.

[Clearing the Smoke on Cannabis: Cannabis Use During Pregnancy and Breastfeeding | Canadian Centre on Substance Use and Addiction \(ccsa.ca\)](#)

Clinical Corner: Motivational Interviewing

When discussing the topic of substance use with clients, it is important to assess a client's readiness to change in order to minimize frustrations, improve the likelihood of change, and to determine appropriate interventions.

An easy and quick way to assess a client's current stage of change is to ask about their intention to reduce or stop their substance use in the near future, determining whether they are in the precontemplation, contemplation, or preparation/action stage. Determining the stage allows for the appropriate interventions to be suggested or provided.

Motivation can be increased through engaging client's in a discussion about their problematic substance use. However, it is unavoidable that ambivalence about making changes to one's substance use will arise and one's readiness to change will arise. At this stage, it is important to work with this resistance. According to founders William Miller and Stephen Rollnick "Motivational interviewing (MI) is a conversational style of interviewing used in counselling to address the ambivalence that clients often experience when faced with the need to

change". It aims to strengthen the client's motivation toward healthy behaviour change.

The heart of MI is empathy and is demonstrated in four ways:

- Partnership with the client
- Acceptance of the client as they are
- Compassion for the client
- Evocation of the client's own goals

In practice, there are three main tasks of the MI counsellor:

1. To listen reflectively;
2. To elicit client change talk; and
3. To offer information, feedback and advice using the MI style.

[This guide](#) by the Canadian Centre on Substance Use and Addiction offers evidence-based guidance and practical information on the topic of motivational interviewing.

[An additional resource](#) from the Centre for Addiction and Mental Health provides information on the stages of change and how to increase motivation to change.

Check out the Capacity Building Team's previous education session on MI at [In-Service Education | CDCBT](#)



Courage is resistance to fear, mastery of fear – not absence of fear. – Mark Twain

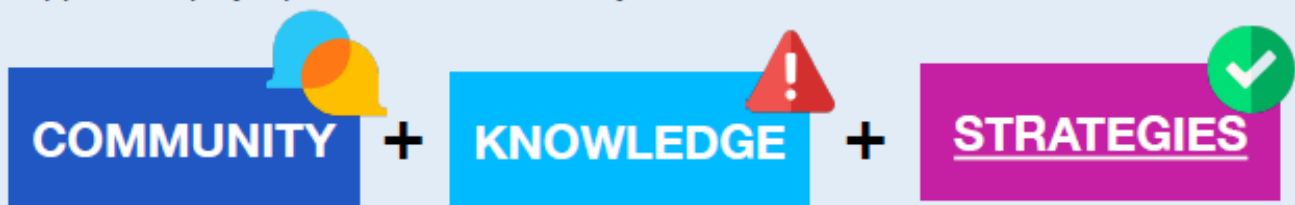
The Young Adult Substance Use Program (YA-SUP)

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
- Special Cases, Review, & Next Steps



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

The next cycle will begin on September 13th, 2022.

Groups run for 8-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

Young Adult Substance Use Program (YA-SUP)

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

Who is this program for?

- ☐ 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

How to Refer?

CONNECT (*self or professional*)

(905) 522-1155, Ext.36499

Internal referrals

can be made via Dovetale

Loved Ones Education Group

An 8-week group for the parents and other supporters of young adults with substance use problems focusing on changing the way you interact with your child or loved one to promote positive relationships and recovery.

Please register on the website:
<https://www.cdcapacitybuilding.com/youth-program>

The Young Adult Stream has a core ~12-week group structure and includes:

Five individual sessions including:

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

YA-SUP

Group Programming including:

- ✓ **Mind-Drug Connection** based in Cognitive Behavioural Therapy and Relapse Prevention.
- ✓ **Balancing Emotion and Mind** based on Dialectical Behavioural Therapy.
- ✓ **Mindfulness** based on Mindfulness-Based Stress Reduction.

Other Groups Coming Soon

We recommend attending 2 or more groups per week.



Young adults can continue accessing groups even after individual sessions are completed.



Consultations (time-limited) with a Nurse Practitioner, Psychiatrist, or Psychologist *may* be offered to help clarify diagnoses, recommend medications, and conduct additional testing. YA-SUP is **not intended for those only requiring access to consults.**

We want to work together. The YA-SUP is one part of a complex health and mental health system. We want to work together with current health and mental health providers to share care and collaborate to optimize treatment.

**Reduce negative
impacts of
substance use**

**Improve mental
health and
wellbeing**

**Increase
substance-free
activities**

St. Joseph's
Healthcare  **Hamilton**

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

One-Page Overview

[Click here](#) for a one-page overview of the YA-SUP program

Trauma-Informed Care

THURSDAY, JULY 28TH
12:00PM - 1:00PM

Presented by:

Sonya Sethi-Rankin, Clinical Supervisor, Men's
Addiction Service Hamilton

Please join us on July 28th

for a discussion of trauma-informed care and
approaches.

A trauma-informed approach takes into account an
understanding of trauma in all aspects of service delivery
and more directly addresses the need for healing from
traumatic life experiences.

Register through Eventbrite [HERE](#):

Contact: kayv@stjosham.on.ca

St. Joseph's
Healthcare  Hamilton

Upcoming Education Opportunity

The CDCBT will be holding its July education session on THURSDAY, JULY 28th, from 12:00pm-1:00pm virtually over Zoom. Next month we will be discussing **Trauma-Informed Practice**. Please see page 6 to view the poster and access the link to register. Please note that this education will not be held through OTN.

Casey House—HIV & Mental Health Series

Thursday July 21, 2022

Intro to Harm Reduction: A Casey House video series

Screening and Panel Workshops – 1 – 5 p.m

Casey House is launching a limited web series of harm reduction videos:

1. The Basics of Harm Reduction
2. Harm Reduction and Trauma Informed Practice
3. Harm Reduction, racial injustice and the war on drugs
4. Harm Reduction and Indigenous Awareness (coming soon)

[CLICK HERE for the series flyer](#)

Your CD Capacity Building Contacts

SJHH - West 5th Site: R151	Fax: (905-381-5620)
Catherine McCarron (RSW, MSW, Manager)	Ext. 34388
Young Adult Substance Use Program (YA-SUP)	yasup@stjosham.on.ca
Amanda King (Community Support Counsellor), Charlton Site	Ext. 36227
Bill Baker (Addiction Specialist) Charlton Site	Ext. 32801; Pager 5799
Jonathan Paul (Community Support Counsellor), West 5th & Charlton Site	Ext. 36287; Pager 5799
Melissa Bond (Administrative Assistant)	Ext. 39343
Michelle Sanderson (Community Support Counsellor), West 5th & Charlton	Ext. 36868; Pager 5707
Nick DiCarlo (Addiction Attendant), West 5th & Charlton Site	
Patrick Geuba (Registered Nurse)	
Stephanie D'Odorico (Mental Health Worker), West 5th & Charlton Site	Ext. 35047
Tracie Groff (Addiction Attendant), West 5th & Charlton Site	Ext. 34901
Victoria Kay (Concurrent Disorders Intern)	Ext. 39124
Opioid Replacement Therapy consultations available through Addiction Medicine Service Team	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>