



CONCURRENT DISORDERS

CAPACITY BUILDING TEAM

January 2022 Newsletter

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Bell Let's Talk Day —January 26th

[Bell Let's Talk Day](#), an awareness campaign aimed at raising awareness and combating stigma surrounding mental illness in Canada, is January 26th this year. On this day, Bell will donate 5 cents to Canadian mental health programs for every applicable text, call, tweet or TikTok video using #BellLetsTalk, social media video view and use of their Facebook frame or Snapchat lens. Bell Let's Talk's strategy is built upon 4 pillars which work together towards moving mental health forward in Canada: Fighting stigma, improving access to care, supporting research, leading by example in workplace mental health.

Since 2010, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues and inspire one another to take action and help create a Canada where everyone can access the mental health support they need. In a recent survey conducted by Nielsen Consumer Insights, 82% of Canadians now say they are comfortable speaking with others about mental health, compared to only 42% in 2012. By joining in and taking action, we are all helping to make a real difference.

This year's Bell Let's Talk Day campaign highlights the ways that we can support ourselves and those we care about through actions like listening, being there and talking.

Every Canadian can play a part in their communities, workplaces, schools and at home.

Over the last several years, St. Joseph's Healthcare Hamilton has received support from the Bell Let's Talk campaign. This includes funds towards several initiatives within St. Joseph's such as BIPOC youth mentors at the Youth Wellness Centre, a youth mentorship program designed to reduce barriers to access, and kitchen equipment for Colour's Café. In 2017, \$20,000 was donated to the Mobile Concurrent Disorders Clinician for LGBTQ+ Youth project through the Youth Wellness Centre.

In addition to tools listed on the Bell Let's Talk webpage, CMHA Ontario has also developed a [one page primer](#) on talking about substance use to help reduce stigma and break down negative stereotypes associated with substance use.

You can also find resources, learn more about some of the organizations providing meaningful mental health supports and services throughout Canada and download the [Bell Let's Talk toolkit](#) to begin your own conversation about mental health at home, school or in the workplace.

[Bell Let's Talk site](#)

[How to join the conversation](#)



Young Adult Corner

Mental Health and Substance Use During COVID-19: Spotlight on Youth, Older Adults & Stigma

Commissioned by the Mental Health Commission of Canada and the Canadian Centre on Substance Use and Addiction, a new report spotlights negative effects of the pandemic on youth and older adults, and stigma toward depression and alcohol use disorders.

Canadians have each been impacted by the pandemic differently and unequally. This report aims to examine mental health and substance use impacts on youth and older adults, and the prevalence of mental health and substance use stigma during the midst of the COVID-19 pandemic.

Results included:

- Youth reported higher rates of mental health concerns and were more likely to report substance use concerns, while older adults reported much lower rates

- 1 in 4 youth with current mental health symptoms were accessing services
- Less than 1 in 3 youth with substance use concerns were accessing treatment
- Youth top stressors—school and mental health
- Older adult top stressors—social isolation and the health of their family members
- Youth less likely than older adults and general population to perceive stigma towards someone with depression, while stigma toward someone with alcohol use disorder is more common among all ages
- People with past and current substance use concerns show signs of worsening mental health

What these and the rest of the study's findings highlight is the importance of youth mental health and substance use supports, fostering the resilience of older adults and efforts to reduce stigma across the population.

[Click here for report PDF](#)

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

Who is this p

- ☐ 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

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

Healthcare Hamilton

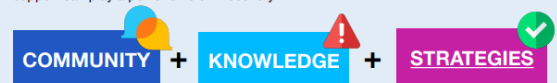
The Young Adult Substance Use Program (YA-SUP)

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

Parenting Skills

Rewards and Incentives

Allowing and Encouraging

Special Interests

Sign up today to
The next two cycles will
Groups run for

Loved Ones Group

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

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

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Clinical Corner

COVID-19 Opioid Agonist Treatment Guidance

The Centre for Addiction and Mental Health (CAMH) [composed a unified guideline](#) for Canadian prescribers for treating opioid use disorder (OUD) through opioid agonist therapy (OAT). The document serves as a guidance of existing guidelines and standards across Canada. At the onset of the COVID-19 pandemic, the “COVID-19 Opioid Agonist Treatment Guidance” was created in March 2020 by the CAMH to support access to opioid agonist therapy (OAT) care during pandemic restrictions.

The document addresses office visits, remote visits, carry doses and frequency of urine drug tests during the pandemic. These items are discussed in light of the need for physical distancing and self-isolation.

Updates to this document have been made as the

pandemic has evolved, with the latest being made [January 5th 2022](#).

As of January 3, the government of Ontario has announced time-limited measures to preserve hospital capacity in the face of the Omicron variant. While not as extensive as the initial lock-down implemented in 2020, these measures include closing or drastically reducing indoor gatherings and encouraging work from home whenever possible. In light of these measures and to support patients in being able to engage in public health precautions, it has been recommended that clinicians once again consider utilizing the [COVID-19 OAT Guidance](#) as a framework for guiding decision making around take-home doses, the necessity of in-person visits and the use of virtual care.

In this latest update, links to two resources are provided regarding therapeutics : [Outpatient Therapeutic Management of Adults with Mild COVID-19](#) and the [Ontario Science Table Clinical Practice Guideline Summary](#) for Drugs and Biologics in Adult Patients with COVID-19.

HAMSMaRT Support and Safer Supply (S.A.S.S.) - Hamilton, Ontario

Safer supplies are known to provide an alternative to potentially toxic illegal drug supply as a way to help prevent overdoses and connect individuals to other health and social services ([Government of Canada, 2021](#)). The COVID-19 pandemic has also contributed to the worsening overdose crisis, with [some communities reporting](#) record high numbers of overdose deaths, hospitalizations, and emergency medical service calls. In 2021 Hamilton Paramedic Services [responded to 914 incidents](#) related to opioid overdoses, an increase from the 565 incidents in 2020.

A small safe supply program, **Support and Safer Supply (S.A.S.S.)** was introduced on January 3, 2022 in Hamilton, Ontario. It is currently the only safe supply program in Hamilton. The program operates under Hamilton Social Medicine Response Team and as stated on their website, “S.A.S.S. is a safer supply program that aims to provide pharmaceutical grade opioid alternatives to people at risk of dying from contaminated opioid drug supply, as well as peer support to assist the patient in meeting whatever

self-defined goals they have related to their overall health and wellbeing” ([HAMSMaRT, 2022](#)).

The program was covered in a [recent article](#) in Filter, highlighting how it came to be and challenges still faced when it comes to safe supply in Hamilton and beyond. Co-organizers Dr. Tim O’Shea, Dr. Claire Bodkin, Dr Lauren Cook-Chaimowitz, Marcie McIlveen discuss other elements of the program in the article.

As of January 9th, 2022 the program is full, however the program is still accepting referrals and has an active wait-list.

How to refer:

- Self referrals
 - Email clinics@hamsmart.ca OR
 - Call 1-833-426-7678 OR
 - Drop by The AIDS Network at Suite 101, 140 King Street East, Hamilton ON
- Providers can refer by faxing a completed referral form to 1-833-563-2210

Patterns of Medication and Healthcare Use among People who Died of an Opioid-Related Toxicity During the COVID-19 Pandemic in Ontario

[A recent article from CBC](#) highlights many missed opportunities to serve the needs to Ontarians who use drugs and to prevent fatal overdoses. A new report, titled “[Patterns of Medication and Healthcare Use among People who Died of an Opioid-Related Toxicity during the COVID-19 Pandemic in Ontario](#)” was recently released by Unity Health and the Ontario Drug Policy Research Network.

The report shows that half of Ontarians who died of an opioid overdose in the early stages of the COVID-19 pandemic had interacted with the health-care system in the month prior to their deaths. The authors make a call for safer drug supply, expanded access to low-barrier treatment in health-care settings, affordable and supportive housing, plus more harm-reduction services and supervised consumption sites.

The report compares accidental/unintentional opioid-related deaths occurring in Ontario during two periods: pre-pandemic period (March 17th, 2019 — December 31st, 2019) and pandemic period (March 17th, 2020—December 31st 2020).

Key findings include:

- Deaths increasingly involved only non-pharmaceutical opioids from unregulated drug supply, 65% pre-pandemic to 79% during pandemic—fentanyl and its analogues accounted for

over 99% of these

- 3 in 5 opioid toxicity deaths had a stimulant as a direct contributor, involving mainly cocaine and methamphetamines
- Health service use among people at risk of overdose is high, but declined during pandemic
- 1 in 2 had healthcare encounter in 30 days prior to death, 1 in 4 had encounter 7 days prior
- The pandemic has disproportionately impacted people experiencing homelessness—2 time increase in the number of deaths among people experiencing homelessness
- 1 in 6 deaths during the pandemic occurred among people experiencing homelessness
- 89% of people who died had a mental health-related healthcare (including opioid use disorder) in the past 5 years—there was significant increase in individuals with previous outpatient visits related to psychotic disorders during pandemic
- Only 1 in 3 people who died had access opioid agonist therapy in the past 5 years

***“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”
—Socrates***

Events and Programs with CDCBT

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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Next cycle of the Loved Ones Education Group

The next cycle of the YA-SUP Loved Ones Education Group begins on January 18th, 2022.

[Click here](#) for registration.

TARP Update

Our Tobacco Addiction Recovery Program (TARP) continues to be on hold, with hopes to resume the program in the next few months.

[Online Group Links | CDCBT](#)
cdcapacitybuilding.com

Virtual Drop-In Group Information

We are happy to have all of our drop-in groups running virtually through ZOOM!

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

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 * No Referral Required *

- 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 * No Referral Required *

- A weekly drop-in class with 4 different modules. Start any week
- Available to all clients in the Community Psychiatry Clinic
- 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 * No Referral Required *

- Pick up a package and join any week!
- 6 different topics to help support and strengthen recovery:
- Provide 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

- Provides a brief sampling of DBT skills - not a formal DBT group. Start any week
- Focuses on the skills of: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

[Online Group Links | CDCBT](#) (cdcapacitybuilding.com)

TOWN HALL: Introducing the Young Adult Substance Use Program (YA-SUP)

POSTPONED
NEW DATE COMING SOON

Panel Members: Holly Raymond (Director), Jillian Halliday (Research Associate), Kyla King (Community Support Counsellor), Mareena Mathew (Nurse Practitioner), Marina Kennedy (Mental Health Worker), Dr. Victoria Stead (Psychology)

Members from the new Young Adult Substance Use Program (YA-SUP) will facilitate a discussion regarding how the program was developed, how it fits into the current service landscape, and how to refer and collaborate.

There will also be a Question-and-Answer period. Please send any questions you would like to be considered for the town hall to kayv@stjosham.on.ca

Attend the town hall virtually through ZOOM:

Wednesday January 12th 2022 from 12:00pm – 1:00pm

<https://stjosham.zoom.us/j/62325179908?pwd=RG1hQllaQ1IraTdqaVQ1T2RmeUV6QT09>

Please **CLICK HERE** to register online

If you have any questions, please contact Victoria Kay at kayv@stjosham.on.ca

Your CD Capacity Building Contacts

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Catherine McCarron (RSW, MSW, Manager)	Ext. 34388
Young Adult Substance Use Program (YA-SUP)	ya-sup@stjosham.on.ca
Bill Baker (Mental Health Worker) Charlton Site	Ext. 32801; Pager 5799
Michelle Sanderson (Community Support Counsellor), West 5th & Charlton	Ext. 36868; Pager 5707
Jonathan Paul (Community Support Counsellor), West 5th & Charlton Site	Ext. 36287; Pager 5799
Melissa Bond (Administrative Assistant)	Ext. 39343
Tracie Groff (Addiction Attendant), West 5th & Charlton Site	Ext. 34901
Nick DiCarlo (Addiction Attendant), West 5th & Charlton Site	
Amanda King (Community Support Counsellor), Charlton Site	Ext. 36227
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>