



CONCURRENT DISORDERS
CAPACITY BUILDING TEAM

December 2021 Newsletter

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Young Adult Substance Use Program Highlight: Our Values

The Young Adult Substance Use Program (YA-SUP) was created with a core set of values that inform all group programming and approach to care.

Providing **young adult centered** care

We aim to create and deliver services that are young adult centered and tailored to this life stage. We promote self-directed care, consent, privacy, and confidentiality for all care and program components. Young adults are in control of their treatment and their personal health information.

Creating a **safe(r) space**

We offer a safe(r) space that aims to be trauma-informed, culturally responsive, anti-racist, anti-oppressive, respectful of marginalized young adults, respectful of diverse populations such as BIPOC and 2SLGBTQ+ young adults. We are open to all feedback for how to make our space safer and strive to provide non-judgmental care. For example, we work with young adults on abstinence and/or harm reduction goals. We work with young adults where they are at, or want to be at, with their values and goals. In our groups, we set group norms and expectations to facilitate positive interactions between group members. Our team is also committed to ongoing learning through diversity training.

Considering the **whole person**

We seek to understand and consider young adults holistically. This includes biology, psychology, social life and identity, and

spirituality. We want young adults to feel empowered to create their own unique path to recovery. We also recognize that substance use and mental health concerns commonly co-occur, especially among young adults. Therefore, our program provides care relevant to both substance use and mental health concerns.

Collaborating with young adults and community providers

We collaborate with young adults and community partners to co-create care plans. We want to optimize the skills and resources young adults already have and fill in gaps where needed. We also continuously collaborate with young adults and community partners to improve the program.

Using **evidence-based** practices and contributing to evidence

We use the best available research evidence to create and inform the program. We also collect data through the program to contribute to advances in young adult substance use research and care. We are both an evidence-based and evidence-generating program.

Add some more general information to beginning

Young Adult Substance Use Program: How and Who to Refer

This program was created for:

- Young adults ages 17-25
- Young adults looking to make changes to their substance use
- Young adults with a concurrent disorder
- Young adults committed to attending group-based treatment

There are two methods to refer:

1. Self or professional—CONNECT Mental Health and Addiction Services (905) 522-1155, Ext. 36499. [Connect Mental Health and Addiction Outpatient Programs \(stjoes.ca\)](https://www.stjoes.ca/Connect-Mental-Health-and-Addiction-Outpatient-Programs)
2. Clinicians within the St. Joseph's Healthcare Hamilton system can make internal referrals via Dovetale

Other programs to consider:

- Alternatives for Youth (ages 17-25) [ay.on.ca](https://www.ay.on.ca)
- Alcohol Drug and Gambling Services (ADGS) (ages 23+) [Alcohol, Drug & Gambling Services | City of Hamilton, Ontario, Canada](https://www.cityofhamilton.ca/alcohol-drug-gambling-services)
- Youth Wellness Centre (for early intervention) [Youth Wellness Centre - St. Joseph's Healthcare Hamilton \(stjoes.ca\)](https://www.stjoes.ca/Youth-Wellness-Centre)
- Cleghorn (for first episode psychosis) [Cleghorn Early Intervention Clinic \(stjoes.ca\)](https://www.stjoes.ca/Cleghorn-Early-Intervention-Clinic)
- Good Shepherd Youth Community Mental Health (ages 12-21) [Youth Community Mental Health Program - Good Shepherd Centres](https://www.gshepherd.ca/Youth-Community-Mental-Health-Program)

[CLICK HERE](#) for more information

Maintaining Recovery During the Holidays

The holiday season is meant to be a cheerful time to spent with friends and family, but can often come with stress and anxiety for individuals with a substance use disorder or lived experience of substance use. The risk of relapse during the holidays is present, but not inevitable. As care providers, assisting clients to foster awareness of potentially prompting events and knowing how to prepare can help minimize risk of relapse during the holiday season. It is also essential that individuals have access to supports during the holiday season.

Common Holiday Triggers

- **Changes to Routine**

Time is taken off work, traveling, preparing for holidays, and typical routines are thrown off. Different disruptions can put stress on sobriety or controlling substance use.

- **Holiday Parties**

Holiday gatherings often have alcoholic beverages present. The availability of alcohol at some get-togethers can be overwhelming if living with alcohol use concerns.

- **Family Stress**

If individuals have a strained relationship with family, spending a significant

amount of time with them could lead to stress and potentially symptoms of depression or anxiety. Other negative emotions may arise when around family, such as guilt or shame. Emotions can be triggering, especially if substances have been used to cope in the past.

Tips for Avoiding Holiday Relapse

- **Have a Pre-Planned Response**

Plan a response to different expected situations. A simple response is all that is needed, no need for a long explanation.

- **Bring a Friend**

Ask a close friend to accompany. Discuss concerns ahead of time and make plans on how to respond to different situations.

- **Create an Exit Strategy**

- **Look up Meetings in the Area**

Peer groups may continue to hold meetings during the holiday season.

[Click here](#) for article



Supporting Clients During the Holiday Season

The holiday season can be a difficult time for many for a variety of reasons, especially for individuals living with a mental illness and/or addiction concerns.

Clinicians within the Outpatient Concurrent Disorders Program have put together a collection of resources for clients, and for other care providers to share with their own clients. These resources provide tools for clients to work through to plan ahead for potential holiday situations.

The Concurrent Disorders Capacity Team will be holding a virtual drop-in recovery focused discussion group –the dates, times, and Zoom link can be found on our website: [Holiday Prep - Drop-In Discussion](#) .

Additionally, two other holiday social groups have been planned. Check out the CDCBT’s website for more information on our group programming!

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

We hope that everyone has a very happy and safe holiday season!



“Gratitude turns what we have into enough and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” - Melody Beattie

Upcoming Events with CDCBT

Young Adult Substance Use Program Town Hall

Members of the Young Adult Substance Use program will be facilitating a Town Hall presentation and discussion regarding the development of the program, how it fits into the current service landscape, the referral process, information about the two program streams, and more details about this program.

There will be an opportunity for questions to be answered by members of the program. **Please submit any questions to kayv@stjosham.on.ca**. Feel free to share this event with others who may be interested

Date: January 12th, 2022

Time: 12pm-1pm

[Click here for Eventbrite page](#)

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.

Holiday Programming

Check out the programs and resources offered by the CDCBT for the holidays!

- Virtual Holiday Social
- Virtual New Year’s Eve Social
- Holiday Prep— Drop-in Discussion

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

Human Rights Day—December 10th

[Human Rights Day](#) is observed globally each year on December 10th—the day the United Nations General Assembly adopted the Universal Declaration of Human Rights (UDHR) back in 1948. The UDHR is a document proclaiming the inherent rights that everyone is entitled to as a human being, including the right to safe and secure housing, to employment, to adequate financial resources and to be included in our society. The theme for 2021's Human Rights Day related to "Equality" —"All human beings are born free and equal in dignity and rights."

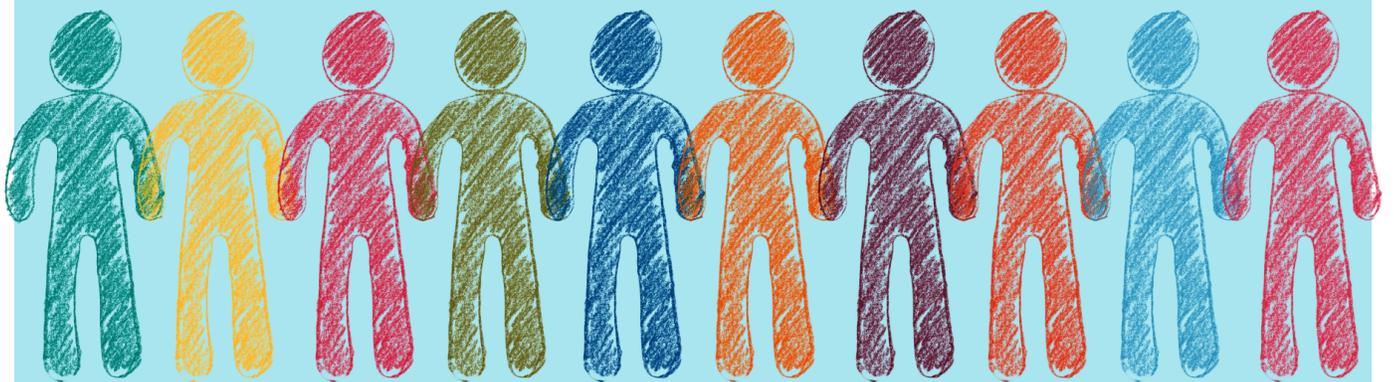
[The United Nations notes](#) the historical divide—both in policies and practices—between mental and physical health that have resulted in political, professional and geographical isolation; and marginalization and stigmatization of mental health care. People around the world living with mental health issues do not have equal access to adequate mental health care or treatment coverage, especially in low- and middle-income countries. The only support available in many parts of the world is in psychiatric institutions, which are often associated with human rights violations—including degrading treatment, abuse, violence, and more. Often, individuals who have a mental illness are faced with multiple, intersecting layers of discrimination as a result of their mental illness and their identity.

The marginalization of mental health in laws and public policy in areas around the world shape the way in which individuals living with mental health conditions experience the world. Prejudice and discrimination towards people with substance use and mental health problems often exclude people from activities that are open to others. Discrimination, exclusion from public and social life, inequality of access to opportunities, and an overrepresentation of individuals with mental illness among populations living in poverty, are often the result of the marginalization of mental health in policy.

As the 2021 theme for Human Rights Day is all about equality, reducing inequities, and advancing human rights, equal access to proper mental health and addiction programming is an area that can be focused on. This includes inequality in access to community-based programming and financially accessible treatment. This also includes tackling the stigma contributing to the discrimination and marginalization of individuals living with mental health conditions and addictions.

"All Human, All Equal" is this year's slogan for Human Rights Day.

[CLICK HERE for the United Nations webpage](#)



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

- 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
- 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:
- 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,

Your CD Capacity Building Contacts

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Catherine McCarron (RSW, MSW, Manager)	Ext. 34388
Young Adult Substance Use Program (YA-SUP)	yasup@stjosham.on.ca
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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>

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

With 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

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

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

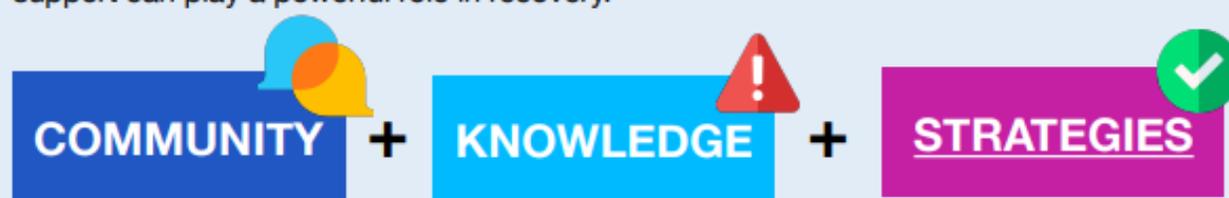
The Young Adult Substance Use Program (YA-SUP)

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>

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Please note there is no Family Night in December



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>