



# October 2023 Newsletter

## CCSA National Conference: Issues of Substance 2023 returns to an in-person event in Vancouver

The Canadian Centre on Substance Use and Addiction is pleased to announce that **The Issues of Substance Conference** will be held in person in 2023 to commemorate the 35th anniversary of the CCSA. From **November 20 to November 22, 2023**, at the Vancouver Convention Centre on the West Coast.

### **Issues of Substance 2023 at a glance:**

- ◆ 125+ presentations
- ◆ 8 tracks per concurrent session
- ◆ 8 workshops
- ◆ 100+ posters
- ◆ 3 days of education and networking

Our Issues of Substance conference brings together a variety of partners to discuss advancements in the

area that affect Canadians' health and safety, as well as experiences with substance use, new research, best practices, developing trends and issues.

The biannual gathering is the only national conference in Canada that brings together addiction specialists, medical professionals, researchers, policy makers, knowledge brokers, and individuals from all over the nation who have direct or indirect experience with substance use or substance use disorders.

Issues of Substance, a three-day conference hosted by CCSA, stands out because it offers a rare chance to exchange cutting-edge ideas and effective strategies, connect with colleagues, and learn hands-on skills for preventing substance abuse, treating addiction, and recovering from it.

**[REGISTER HERE](#)**

**[Click here for access to the full article](#)**



## Young Adult Segment

### Cancer Cases Soared 79% Globally Among Young Adults Over Past 3 Decades: Study

According to new data, there has been an increase in cancer diagnoses worldwide among persons under 50, prompting significant worries about the way this disease is spreading among younger populations. The study indicated that although breast cancer accounted for the majority of occurrences in this age group, the prostate and windpipe (nasopharynx) tumors have experienced the fastest growth rates since 1990. The breast, windpipe, lung, colon, and stomach were the new cancer cases with the highest fatality rate for young individuals.

Over one million persons under 50 died from cancer in the world in 2019, which is an increase of approximately 28% from 1990, according to the experts. Patients battling kidney or ovarian cancer saw the biggest increases in mortality rates.

According to the study, North America, Australasia, and Western Europe had the greatest rates of early-onset malignancies in 2019. The study also predicted future cancer incidence and mortality rates, noting that individuals in their 40s would be particularly at risk.

While hereditary variables may be involved, the researchers contend that diets high in red meat and salt and low in fruit and milk, alcohol usage, and cigarette use are the main risk factors associated with common malignancies in adults under the age of 50. The researchers also noted that in these cases, physical inactivity, excess weight, and excessive blood sugar are contributing factors. "Changes in diet, lifestyle, and environment since the turn of the 20th century, resulting in increased rates of obesity, physical inactivity, westernized diets, and environmental pollution, may have affected the incidence of early-onset cancer," write the authors.

The Lancet study's authors wrote, "In addition to their worse nutritional composition, (ultra-processed foods) may also increase cancer risk through neo-formed contaminants during industrial processing, use of some contentious food additives, and use of certain packaging materials implicated in exhibiting carcinogenic and/or endocrine-disrupting properties. The BMJ study's experts also identified alcohol and cigarette use as significant contributors to early-onset cancer in 2019 in addition to diet as significant risks related with cancer. The frequency was not disclosed by the researchers. Smoking was the main risk factor for early-onset breast, tracheal, bronchus, and lung cancers, followed by low-fruit diets.

[Click here for access to the full article](#)

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

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*October is a symphony of permanence and  
change”*

*— Bonaro W. Overstreet*

## **Cannabis Column — Canadian help to legalize medicinal cannabis in Ukraine**

Ukrainian activists are campaigning for the legalization of medical marijuana in their nation, notably to treat the post-traumatic stress disorder brought on by war. A plethora of organizations from all around the world are assisting the Canadian Association of Marijuana Producers in their endeavor.

Cannabis cultivation and use are prohibited in Ukraine. But given the ongoing violence there, the circumstance is probably about to alter. The Cannabis Council of Canada first learned of a Ukrainian marijuana legalization awareness campaign in June 2022, just a few months after the start of the Russian invasion. George Smitherman, the company's CEO, immediately got in touch with the Ukrainian Cannabis Freedom March group.

After two failed attempts, a third measure was introduced to the Ukrainian Parliament in 2021, where it has remained ever since. Then, on June 28, Volodymyr Zelensky gave a speech on the subject. The Ukrainian president

urged lawmakers to expedite the legalization of medicinal cannabis to treat soldiers and civilians during his speech to parliament.

Mr. Smitherman claims that his Toronto-based company made a significant contribution by disseminating information about the availability of medicinal cannabis for therapeutic purposes in Canada. He also recommended other foreign role models to Cannabis Freedom March activist Nazarii Sovsun and his crew. The cannabis industry association also gathered money to aid the Ukrainian revolution.

According to its president, a small amount of money has been raised thus far. Due to the difficulties the Canadian industry faces—specifically, the fact that the Canadian business model does not provide a good return to investors—Mr. Smitherman emphasizes that their aid is still only small.

**[Click here for access for the full article](#)**

## **Clinical Corner — Federal Government Announces Funding to Support Measurement-based Care for Patients with Substance Use Disorders**

With 1.4 million residents in Hamilton, Niagara, Brant, and Haldimand served by St. Joe's, we are the second-biggest provider of mental health and addiction services in the province and the largest provider in our region. It is no secret that there is a strong demand for these services.

We require cooperation from all levels of government in order to offer the most secure treatment alternatives and the most effective routes to recovery. The Substance Use and Addictions Program of Health Canada will provide more than \$1.8 million in federal financing for three initiatives in Hamilton, according to the honourable Ya'ara Saks, Minister of Mental Health and Addictions and Associate Minister of Health. Measurement-based Care for

Addiction: Multi-service Implementation, Clinical Automation, and Workforce Development earned more than \$1.2 million in funding for St. Joe's. Dr. James MacKillop is the director of the Peter Boris Centre for Addictions Research at St. Joe's and a professor of psychiatry and behavioural neurosciences at McMaster University. He is also the principal investigator of this study.

"This money is an essential catalyst for accelerating the accessibility and use of significant treatment improvements for people with substance use disorders. There are no "magic cures" for addiction, but significant progress has been made in creating evidence-based methods, and increasing infrastructure and access also increases the amount of people who are likely to experience recovery, according to Dr. MacKillop.

**[Click here for full access to the article](#)**

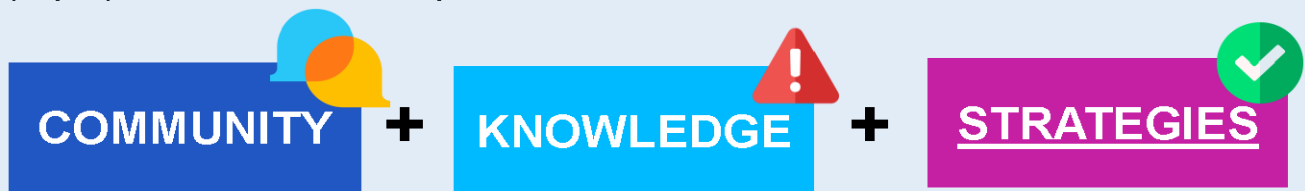
# The Young Adult Substance Use Program (YA-SUP)

## 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>

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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>**



# VIRTUAL PEER SUPPORT GROUP

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FRIDAYS | 11:00 AM – 12:00 PM

[Online Group Links | CDCBT \(cdccapacitybuilding.com\)](https://cdccapacitybuilding.com)

Meeting ID: 651 4695 9053

Password: 664071

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- A weekly drop-in group for mutual support
- Discuss recovery goals, challenges, and healthy coping strategies
- Open to clients of CPC and ERMHS
- Facilitated by a Peer Support Worker with lived experience of mental health issues

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**Mondays**  
**10:30am-11:30am**

**First Group Date:**  
**October 2**

**8-Week**  
in-person  
drop-in group

Referral only.  
Please Email-  
Madalyn Ulmer at  
[mulmer@stjoes.ca](mailto:mulmer@stjoes.ca)  
with the  
clients name and  
contact information

# MINDFULNESS SKILLS FOR RECOVERY

**Mindfulness Skills for Recovery** aims to help individuals meet the day-to-day challenges of recovery. While simultaneously exploring skills focusing on staying present, gaining awareness/control of thoughts, and disengaging with triggers.

## Group Goals:

- Automatic pilot
- Discovery a relationship with discomfort
- Being mindful in challenging situations
- Acceptance
- Viewing thoughts as thoughts
- Sustaining well-being



## Health Promotion Days & Celebrations This Month

- Breast Cancer Awareness Month
- World Cerebral Palsy Day - October 6th
- World Mental Health Day - October 10th
- Invisible Disabilities Week - October 15th—21st
- Purple Thursday - October 19th

\* 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

<b>CDCBT Located at CPC West 5th Campus, Level 0 Outpatient</b>	<b>Fax: (905-521-6059)</b>
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
<b>The Young Adult Substance Use Program (YASUP) Located at CPC West 5th Campus, Level 0 Outpatient</b>	<b>Fax: (905-521-6059)</b>
Meghan Barati, RSW, Mental Health Worker	Ext. 35513
Mike Patterson, Community Support Counselor—Addiction Specialist	Ext. 33662
*Opioid Replacement Therapy consultations available through Addiction Medicine Service Team*	Contact Paging