



## October 2024 Newsletter

### Quitting fentanyl: Housing program a key ally in fight against addiction and homelessness

Sue, a 61-year-old woman, has overcome a lifetime of challenges, including homelessness and addiction. After finding stability at Wesley's special care unit, she is determined to overcome her addiction to fentanyl. With the support of the program, she is gradually reducing her fentanyl consumption and working towards a drug-free life. Wesley's CEO, Rashed Afif, emphasizes the importance of empowering individuals to make their own decisions regarding their recovery, highlighting the organization's approach to harm reduction and wraparound support. The program aims to alleviate the pressure of finding drugs on the street, allowing clients to address the root causes of substance use. Sue's inspiring journey demonstrates the resilience and determination of individuals in the fight against addiction and homelessness."

The organization's approach, which includes harm reduction and wraparound

support, has successfully stabilized people's lives and reduced interactions with emergency services and law enforcement. Afif expressed the need for continued funding to sustain and expand their program, stating, "We know that the city money is temporary. We would like to continue our conversation with the province. I think this will allow us to show how this program will work."

The program at Wesley aims to alleviate the pressure of finding drugs on the street, allowing clients to address the root causes of substance use. Sue faced various challenges during her time of homelessness, including drug use, theft, and violence. However, with the support of the Wesley program, she is working towards quitting drugs. She is motivated, saying, "I don't want my kids to be embarrassed, and I want a better life." Additionally, Sue's beloved cat, Kitty Cat, was rescued after the fire and is currently being cared for by a friend of a Wesley worker.

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



WORLD  
**MENTAL  
HEALTH**  
DAY  
OCTOBER 10

## Young Adult Segment

### Drug use among young people: relying on information

In a recent tragic incident in Sherbrooke, a 21-year-old resident, Ezekiel Aubé-Gauthier, passed away due to a fentanyl-related overdose in 2021. His father, Sébastien Aubé, emphasized the importance of informing young adults about the dangers of substance abuse, especially with the changing landscape of available drugs. Dr. Marie-Eve Morin's book, "Dose ta Vie," aims to educate adolescents and young adults about drugs and addictions. Magalie Roy, the General Manager of Elixir, stressed the need for better regulation of substance consumption among young people aged 15 to 24, as they are the adults of tomorrow and will have access to even more dangerous substances. Sébastien Aubé continues to share his son's story to break the taboo around drug-related deaths and hopes to prevent other parents from experiencing similar tragedies.

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

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

### Poll shows young men in the US are more at risk for gambling addiction than the general population

In a recent nationwide survey of 801 registered voters, it was found that problem gambling behaviours are prevalent, especially among young men. The survey indicated that 24% of men reported at least one problem gambling behaviour, with the figure rising to 45% for men aged 30 and under. The survey also highlighted that only about 3% of men have scores indicating a gambling problem, but this figure rises to 10% among men aged 18 to 30 and 7% among women in the same age group.

The gambling industry has taken steps to promote responsible gambling, such as allowing individuals to set limits on their gambling activities and prominently displaying contact information for gambling help lines. However, the National Council on Problem Gambling's report revealed that existing gambling regulations across states vary significantly, leading to gaps in consumer protections. The council emphasized the need for legislators and regulators to address these gaps and mitigate gambling-related harm.

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

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***“ You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared, or anxious. Having feelings doesn’t make you a ‘negative person.’ It makes you human.” – Lori Deschene***

## **Cannabis Column — Japan To Criminalize Recreational Cannabis And Legalize For Medical Use**

Japan is on the verge of enacting a law that will make the recreational use of cannabis illegal while legalizing its medical use. The new law, set to come into effect on December 12, will not only prohibit the possession and cultivation of marijuana, which are already illegal but will also criminalize its use, with offenders facing a prison sentence of up to seven years.

The decision to criminalize cannabis use comes as a response to the increasing number of cannabis-related criminal cases in Japan. Last year, 6,482 individuals were investigated for such cases, with over 70% being teenagers and young adults in their 20s. This surge in cannabis-related offences has raised concerns about drug abuse among young people, prompting the government to take action.

In a significant shift, Japan will allow the use of medical products derived from cannabis. While these drugs are currently only permitted for use in clinical trials, patient advocacy groups have been advocating for access to cannabis-based CBD medications, which have already been approved in Europe and the U.S. for the treatment of conditions such as severe epilepsy.

The new regulations reflect a comprehensive reevaluation of Japan's cannabis policy, taking into account both international medical advancements and domestic concerns over misuse. The decision to criminalize cannabis use and legalize its medical applications follows extensive governmental discussions and studies conducted over several years.

Under the updated law, cannabis use will be categorized as a criminal offence, with penalties similar to those for other narcotics. Furthermore, the legislation introduces stricter regulations on cannabis cultivation, requiring growers to obtain specific licenses. Cultivators will be classified based on the intended use of their cannabis, with different licenses needed for pharmaceutical and industrial purposes.

Despite the tightening of regulations, the government emphasizes that Japan's traditional hemp culture will be preserved, and the legal use of hemp in traditional ceremonies will continue over misuse while preserving Japan's traditional hemp culture.

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

## **Clinical Corner — Small cities come together on right-sized solutions to the substance use health crisis**

In September, municipal representatives from various Canadian cities convened in Timmins, Ontario, to collaborate on addressing substance use health crises in their communities. The Timmins Summit, a first-of-its-kind initiative, brought together elected leaders, health officials, service providers, and industry leaders to develop integrated standards for healthy and safe communities. The summit highlighted challenges such as open substance use in public spaces, increasing health-related hospitalizations and deaths, and a lack of affordable housing in small cities. The event, organized by the Canadian Centre on Substance Use and

Addiction (CCSA) and the City of Timmins, aimed to provide a platform for diverse perspectives and emerging practices to combat substance use issues. The summit emphasized the importance of collective effort, collaboration, and focused action to address the substance use crisis in communities across the country.

The Timmins Summit marks the beginning of a multi-phase initiative to develop standards that will empower municipal leaders with evidence-based options to address substance use issues locally. The standards aim to garner government support and mitigate the polarization surrounding the crisis. Dr. Alexander Caudarella, CCSA's Chief Executive Officer, emphasized the importance of empowering communities to identify and implement solutions tailored to their specific needs.

[Click here for access to the full 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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### 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 January 2024 - 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://cdcbt.cdcapacitybuilding.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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# 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 20<sup>th</sup> — 26<sup>th</sup>
- 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
Rylee Barber RSW, Mental Health Worker	Ext. 39875
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>
Paige Hastings, RSW, Community Support Counsellor—Addiction Specialist CPT	Ext. 34912
Ilyas Khamis, RSW, Mental Health Worker	Ext. 33213
*Opioid Replacement Therapy consultations available through Addiction Medicine Service Team*	Contact Paging