



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

July 2023 Newsletter

Release of Two New National Standards of Canada Raise the Bar for Mental Health, Addictions and Suicide Prevention

In order to raise the standard for assuring high-quality treatment across Canada, the Health Standards Organization (HSO) unveiled on Tuesday, June 20th two new National Standards of Canada that are focused on mental health and addictions services, as well as suicide prevention. Significant public health crises exist in Canada and around the world with regard to mental health, substance use, addictions, and suicide. One in five Canadians and one billion people worldwide suffer from some form of mental disease. Substance abuse in Canada will cost more than \$49 billion in 2020, result in more than 270,000 hospitalizations, and contribute to approximately 74,000 deaths, which is more than 200 deaths each day.

The majority of the almost 4,000 Canadians who die by suicide each year have a mental health issue or illness. In response to these expanding problems, HSO has developed two new national standards: HSO 5064:2023 Suicide Prevention Program and HSO 22004:2023 Mental

Health and Addictions Services. The standards represent what Canadians want mental health, drug use health, addictions, and suicide prevention care to look like today and in the future by drawing on the best current research and sensible practices. Experts from all around the nation, including a balanced representation of those with lived experience, the workforce, researchers, politicians, and stakeholders in the health care system, produced these new national standards.

Throughout the standards' development, public input was solicited through public engagement initiatives, such as open review and consultations. The new national guidelines from HSO will enable healthcare providers and the system to provide dependable, high-quality treatment based on the needs, preferences, and goals of each patient. The standards offer best practices and direction for handling the urgent crises in mental health, drug use, addiction, and suicide that are felt throughout Canada. It also ensures that teams are given education and training to support mental health, substance use health, and addictions.

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



Young Adult Segment

New Youth Addiction Treatment Beds Coming to British Columbia

According to the British Columbian government, 25 extra beds for young adults seeking addiction treatment will become available in the Lower Mainland. The beds at Covenant House in Vancouver and the Phoenix Society in Surrey will enable young people access services and life-saving supports.

Every young person in British Columbia deserves access to addiction programs that are tailored to their specific needs, said Jennifer Whiteside, minister of mental health and addictions. "The well-being of our children and youth is our top priority," she said. More young people and their families will be able to receive the care they need and deserve thanks to these new addiction treatment beds in Surrey and Vancouver.

The 6-bed Covenant House will cater to adolescents and young adults ages 16-24 in Vancouver. Extra beds will be available free of charge under the supervision of the Vancouver Health Department. According to the government, the length of stay at the facility will vary depending on the patient's needs. Chief medical health officer, Dr. Patricia Daly, had this to say on the partnership "... this new partnership with Covenant House [will] expand the availability of youth-centric services for young people who use substances in Vancouver."

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

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

Vital People: Victoria Foundation's Vital Youth Program Celebrates 20 Years

Tenth graders at St. Michael's, Chelsea, and Delesti Colleges who are eager to learn have just completed a hands-on lesson on giving back. "I loved how much I was able to participate in the community and learn about Victoria's challenges and challenges and how to solve them," says an excited Chelsea. They participated in the Victoria Foundation's Vital Youth Program, which teaches high school students the importance of philanthropy. "We wanted to do this program because we thought it would teach us something about our community. It also inspired us to take initiative and empower us to make a difference," he says. Vital Youth was his 20th this year, with 12 of his schools in the Victoria area participating. Students will learn about key issues addressed in the vital signs report, including: B. Rising housing costs, shortage of doctors, deaths from drug addiction.

Each Student Leadership Group receives her \$3,000 and must decide which charity to support. For over 20 years, the Umbrella Society has provided mental health and substance use support, including social assistance and nursing homes. Evan James of the Umbrella society has this to say on the program, "It's always amazing to see the young people involved in these programs that I meet," says Evan. "The fact that they are so interested in learning about our organization and the different ways we can help at such a young age is very inspiring."

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

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

“

We must be willing to let go of the life we planned so as to have the life that is waiting for us.” — J. Campbell

Cannabis Column — Senate Committee Urges Cannabis Act Overhaul to Address Exclusion of First Nations

A Senate committee recommends that the federal health minister change the 2018 Cannabis Act to recognize the right of First Nations to control the possession, sale, and distribution of cannabis on their grounds. The standing Senate committee on Indigenous Peoples claims in a report released that numerous issues raised before to legalization have not been resolved and that some First Nations are still excluded from the lucrative market.

Legislative gaps have fueled the growth of what some refer to as a "red market" that operates under First Nations sovereignty but disregards federal-provincial restrictions, leading to confusion about jurisdiction and potential legal disputes.

According to the research, On the Outside Looking In, "First Nations have been excluded from economic opportunities on

their lands for the last 150 years." The report advises the expert panel examines the cannabis law to consult with Indigenous Peoples to resolve lingering issues and recommends research into the effects of cannabis legalization on Indigenous Peoples' health.

These issues include, among others, the failure to properly consult Indigenous peoples at the outset, the denial of Indigenous jurisdiction, and the non-enforcement of First Nations cannabis legislation. The committee is therefore urging the federal government to provide First Nations with more funding in order to enforce cannabis ordinances enacted by bands and to address this issue through its proposed First Nations policing legislation.

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

Clinical Corner — A Huge Congratulations to the St. Joseph's Research Institute and the July 2023 Publication List

Compliments to all the recently published research articles gathered by PubMed within the month of July. Each publication was submitted by The Research Institute of St. Joseph's Healthcare Hamilton, and authored by St. Joe's researchers and research affiliates. The July Research publication list is organized in 4 categories: Mental health and addiction, lungs & chest, the Father Sean O'Sullivan Research Centre, and kidney & genitourinary.



Some of the major research publications from each category include:

Mental Health & Addiction: Barriers to and facilitators of success for early and Mid-Career professionals focused on bipolar disorder: A global needs survey by the International Society for Bipolar Disorders

Lungs & Chest: The effects of pulmonary rehabilitation on inflammatory biomarkers in patients with chronic obstructive pulmonary disease: Protocol for a systematic review and meta-analysis

Father Sean O'Sullivan Research Centre: Racial and Ethnic Disparities in Ambulatory Heart Failure Ventricular Assist Device Implantation and Survival

Kidney & Genitourinary: Variation in Kidney Transplant Referral Across Chronic Kidney Disease Programs in Ontario, Canada

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

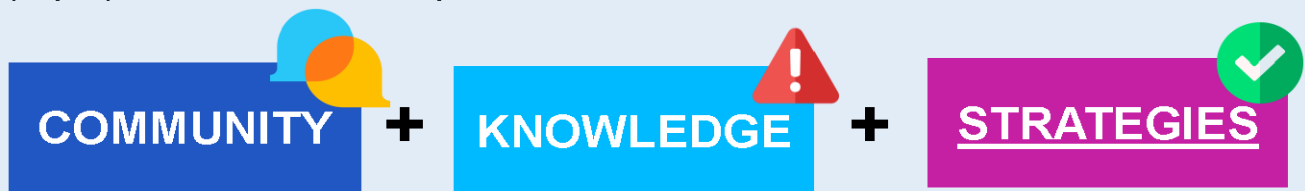
The Young Adult Substance Use Program (YA-SUP)

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>

St. Joseph's
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!*

St. Joseph's
Healthcare  Hamilton

**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

FRIDAYS | 11:00 AM – 12:00 PM

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

Meeting ID: 651 4695 9053

Password: 664071

- 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

St. Joseph's
Healthcare  Hamilton

Health Promotion Days & Celebrations This Month

- [National Injury Prevention Day](#) - July 5
- [Glioblastoma Awareness Day](#) - July 17
- [Uterine Fibroid Awareness Day](#) - July 21
- [International Self-Care Day](#) - July 24
- [World Hepatitis Day](#) - July 28

* 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

CDCBT Located at CPC West 5th Campus, Level 0 Outpatient	Fax: (905-521-6059)
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
The Young Adult Substance Use Program (YASUP) Located at CPC West 5th Campus, Level 0 Outpatient	Fax: (905-521-6059)
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