



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

January 2024 Newsletter

Canadian Collaborative Mental Health Care Conference - 25th Anniversary Edition coming soon (June 13-14, 2024)

The Canadian Collaborative Mental Health Care Conference, celebrating its 25th anniversary, and is scheduled to be hosted in the Spring, on June 13–14, 2024, at **the Fairmont Château Laurier in Ottawa, Canada.**

[Click here](#) for the link to the Call for abstracts sign up sheet — Now Open!

[Click here](#) for details on previous conferences

This year is no different than the others as the goal of the conference is to bring together any and all mental health care clinicians, practitioners, social workers alike. For a weekend of advancing mental health and wellbeing through the development of integrated and collaborative practices in Canada and abroad.

More details about the program and conference registration will be announced in the coming weeks.

[Click here for more information](#)



Harm Reduction

Expanding services across the city may help ease ByWard Market's overdose crisis advocates say

Addiction program proponents argue that more social services and shelters should be dispersed around the city in order to better respond to the increased number of overdose-related hospitalizations in the ByWard Market.

Action Sandy Hill estimates that there are 12 to 14 shelters in Rideau-Vanier Ward alone, many of which offer social assistance including addiction treatment.

The location of these services can frequently act as a trigger for persons attempting to control their substance use with professional assistance, according to Katie Price, the director of Operation Come Home's substance use support program.

Price stated, "I can't tell you how many folks I've met with who are trying to leave the lifestyle but feel like they're dragged back all the time.

Between 2018 and 2022, the ByWard Market, which has a population of about 4,000, saw an average of 88 yearly visits to the emergency room due to overdoses. That amounts to 1,285.9 per 100,000 individuals, based on information provided by the City of Ottawa. Comparing this neighbourhood to all others, the rate is almost ten times greater. The Rideau-Vanier Ward neighbourhoods of Sandy Hill and Vanier South, which are next to the Market, are also among the top five for overdose emergency room visits.

Rideau-Vanier Counc. Stéphanie Plante remarked that the high number of addiction and homelessness services in her ward, which dates back decades, is a result of historical discriminatory practices in the city.

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

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

Major study finds people with opioid addictions 61% less likely to die if prescribed safer supply

According to new research, British Columbians who were at danger of dying from using illegal opioids were 61 percent less likely to die in the next week from any cause if they were provided at least one day's supply of a prescription substitute.

This week's study in the British Medical Journal is the first to assess the contentious "safer supply" tactic on a population-wide basis. The study examined anonymized data from 5,882 participants in B.C.'s program who filled a prescription between March 2020 and August 2021 and had either an opioid or stimulant use disorder...

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

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

“

Approach the new year with resolve to find the opportunities hidden in each new day.” – Michael Josephson

Cannabis Column — Adverse outcomes of cannabis use in Canada, before and after legalisation of non-medical cannabis: cross-sectional analysis

All things considered, a sizable percentage of users report negative effects from cannabis use. These incidents are mostly preventable and put a strain on healthcare facilities, even though the great majority of them are probably temporary, non-life-threatening side effects of overconsumption. The fact that the incidents were so widely dispersed also points to a typical issue with "dosing," wherein many customers lack knowledge about the "strength" of items in terms of THC levels and the appropriate dosage to take.

The frequency of unfavourable events among users has not changed in the three years following Canada's legalization of non-medical cannabis use. On the other hand, the sorts of medical assistance sought may have changed, and the overall number of adverse events may

have grown concurrently with the rise in cannabis use. Lastly, negative experiences seem to be connected to a variety of product categories; yet, after legalization, there was a discernible decline in negative experiences related to edibles, even though the number of edible cannabis products increased significantly during that time. The results imply that the possibility of experiencing negative effects from edibles may have been decreased by federal product guidelines restricting the quantity of THC in edibles. Future research have to take into account the possibility of negative effects linked to particular product categories as well as differences in racial and ethnic groups when it comes to the negative effects of cannabis use.

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

Clinical Corner — Saskatchewan Launches New Drug Alert System

In an effort to better coordinate the province's approach to alerting citizens of medication toxicity, Saskatchewan is introducing a new drug alert system. For the debut on Thursday, Regina was the gathering place for representatives from the Saskatchewan Coroners Service, municipal leaders, and members of the province government. Mayor Sandra Masters stated, "A system that can help mitigate that number of drug-related deaths here in our province is essential" Thursday's statement comes following a record year of drug poisoning deaths in Saskatchewan in 2023.

According to the most recent data available from the Saskatchewan Coroners Service, hazardous substances were either proven or believed to be the cause of 484 deaths last year. Most of those fatalities are unintentional; they are brought on by drugs like fentanyl and occasionally made more difficult by xylazine, which can counteract the effects of naloxone. A predetermined set of criteria will be used to issue alerts.

They include a rise in the number of residents who call 911 or are admitted to the hospital after overdosing; an increase in the

number of people admitted to intensive care units (ICUs) or die from overdoses within a short time frame; multiple overdoses among individuals who share a common substance or use it frequently; overdoses that are difficult to reverse with naloxone; and the presence of substances that are dangerous and could be used to cause harm or death. The coroners service, the fire department, and drug testing locations in Regina and Saskatoon will supply information for the new drug warnings, which will be sent by the Ministry of Health in Saskatchewan.

The alarm system went live more than three months after the Saskatchewan government committed \$90 million to a multi-year plan aimed at addressing the addiction and homelessness issues facing the region. Funding is included in the plan for more beds for addiction treatment, supportive housing, and emergency shelter space in Regina and Saskatoon.

Visit the government website to learn more about the alert system. You can also get signup details by texting JOIN to 1-833-35-B-SAFE (352-7233).

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

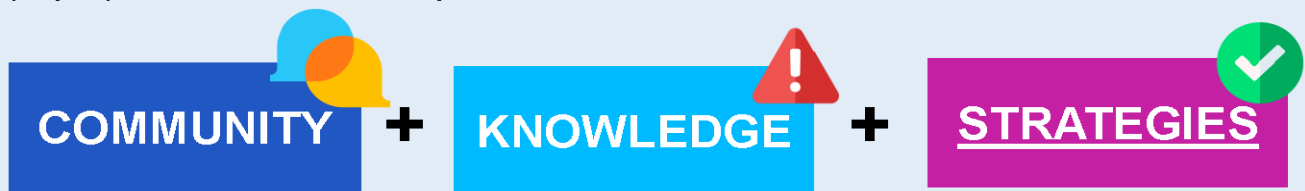
The Young Adult Substance Use Program (YA-SUP)

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 April 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

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

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WEBSITE EXCLUSIVE

SUBSTANCE USE INFORMATION SHEETS

PDF AND DOCX. VERSIONS AVAILABLE TO DOWNLOAD

- Alcohol, Amphetamines/ Methamphetamines
- Benzodiazepines
- Cannabis, Cocaine (Crack)
- GHB
- Hallucinogens & more

INFORMATION INCLUDE:

- Characteristics
- Presentation during intoxication
- Monitoring and support during intoxication
- Withdrawal presentation
- Monitoring and support during withdrawal
- Potential complications
- Notable drug interactions
- Psychiatric effects

ST. JOSEPH'S HEALTHCARE HAMILTON

Health Promotion Days & Celebrations This Month

- National Alzheimer's Awareness Month — January 1-31
- National Non-Smoking Week — January 14-20
- International Day of Education — January 24
- Bell Let's Talk Day — January 24
- Fun at Work Day — January 26

*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