



# CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

## October Newsletter

### Highlights from This Month's Newsletter

- Young Adult Substance Use Program Highlight, Page 1
- Clinical Corner – World's First Lower-Risk Gambling Guidelines: Helping People in Canada Make Informed Decisions, Page 2
- Youth Corner – Smoking or Smartphone Addiction? The Role of Smoking-Related Motivations as Mediators in Youth Clusters, Page 2
- World Mental Health Day, Page 2
- Our Team & Contact Information, Page 3
- List of Current Virtual Programs, Page 4
- YA-SUP Loved Ones Education Session Poster, Page 5
- Family Night Poster, Page 6

## Young Adult Substance Use Program Highlight

In this section, we will be highlighting one of the programs offered as part of the Young Adult Substance Use Program (YA-SUP) at St. Joseph's Healthcare Hamilton. The YA-SUP is designed to meet the unique needs of young adults (17-25 years of age), and offers two streams: a young adult stream and a loved one's stream. This article will be focusing on the details of the young adult stream of the YA-SUP.

The Young Adult stream operates on a 12-week cycle and includes:

1. Five individual sessions (which include electronic assessments and personalized feedback).
2. Daily drop-in groups on various topics that support self-discovery and self-management of young adults. Our groups include content related to cognitive behavioural therapy, relapse prevention, dialectical behavioural therapy, mindfulness, healthy living, and mutual support.
3. Consultations, when needed, with an addiction psychiatrist, psychologist, or nurse practitioner.

Young adults interested in the program can begin by calling CONNECT MHAP, St. Joseph's Healthcare Hamilton's centralized intake service for outpatient mental health and addictions programs, to get set up with their first intake appointment. Same-day appointments may be offered on Wednesdays and Thursdays but are not guaranteed, or clinicians within the St. Joseph's Healthcare Hamilton system can make internal referrals via Dovetale.

The 12-week structure begins with a one-on-one initial intake appointment which usually takes about two hours and consists of the completion of a survey. This survey asks questions about individual's quality of life, mental health, and substance use. Once the intake assessment has been completed, individuals can begin attending groups right away. One week after the first intake appointment, individuals attend an individual one-hour feedback session, with the same clinician as their first appointment, where the results from the initial survey are reviewed. The purpose of these first two appointments is to identify what their goals are and how they can best be supported, with the survey results being used to develop a care plan to fit their needs. One-on-one 30-minute check-ins are provided at weeks 4, 8, and 12, each involving surveys to compare results with the initial intake survey to figure out what is working, or what is not working.

For young adults who are already connected – try out different groups! Each group was created with young adults, and research, in mind. Individuals can work with their primary counsellor to find the groups that will be most helpful for them. Current groups being run include:

- Mind-Drug Connection
  - Explore how thoughts, physical sensations, environment, and behaviours (like substance use) are connected
  - Goal is to provide individuals the tools to take control of their mind and environment
  - Uses Cognitive Behavioural Therapy (CBT) approaches
- Balancing Emotion and Mind
  - Discuss skills to regulate emotions and to tolerate distress
  - Uses Dialectical Behavioural Therapy (DBT)
- Mindfulness
  - Sessions are focused on grounding oneself to the present moment
  - Based on Mindfulness Based Stress Reduction techniques
  - Each session includes a brief mindfulness practice
- Peer Space
  - Evidence that mutual support groups can help people with substance use concerns
  - Currently offering SMART Recovery groups through Concurrent Disorders Outpatient Services

The Young Adult program can be as intensive as individuals need it to be, depending on the level of engagement with groups.

[Click here](#) for website

*“Happiness  
can be found  
even in the  
darkest of  
times, if one  
only  
remembers to  
turn on the  
light.” –  
Albus  
Dumbledore*



Detailed Program  
Overview PDF

## Clinical Corner: World's First Lower-Risk Gambling Guidelines: Helping People in Canada Make Informed Decisions

The Canadian Centre on Substance Use and Addiction (CCSA) recently released the **Lower-Risk Gambling Guidelines** to help people in Canada reduce gambling-related harms. These guidelines provide evidence-informed advice about how to gamble in a lower-risk way, put together based on five years of extensive research.

The Lower-Risk Gambling Guidelines are:

- Gamble no more than 1% of household income before tax each month
- Gamble no more than 4 days per month
- Avoid regularly gambling at more than 2 types of games

This is the first large-scale, international, comprehensive project in the world to produce guidelines for lower-risk gambling. Developing the guidelines involved:

- Collaborating with some of the world leaders in gambling research;
- Analysis of data from over 60,000 people who gamble from eight different countries;
- Feedback from over 10,000 people in Canada collected via an online gambling survey;
- A series of interviews and focus groups with people who gamble from across Canada; and
- Consultation with over 20 individuals who work in harm reduction, treatment and programs related to gambling

A website was created to present the guidelines: [gamblingguidelines.ca](http://gamblingguidelines.ca). The site provides information on the guidelines, the types of harms people can experience and populations at high risk, and further safety tips for avoiding gambling harms.

[Click Here](#) to view the full article

## Youth Corner: Smoking or Smartphone Addiction? The Role of Smoking-Related Motivations as Mediators in Youth Clusters

Smartphones have become a key aspect in the lives of youth, and smartphone addiction has been compared to smoking or tobacco addiction. This study published in the International Journal of Mental Health and Addiction investigated associations between smoking and smartphone addiction, by looking at connections with motives for smoking as mediators. These motives included social motives, self-confidence motives, boredom motives, and affect regulation motives. This study proposed that the connection between smoking and smartphone addiction can be dependent on other background variables, such as mental health problems or motivations.

Looking at 295 respondents ages 15-30, the researchers identified that youths could be clusters based on connections between smartphone addiction and smoking motives:

- Cluster 1 – youth not susceptible to either smoking or smartphone addiction
- Cluster 2 – smoking frequency high but these youth not addicted to smartphone use
- Cluster 3 – high susceptibility to smartphone addiction but low levels of smoking motives and low rate of smoking
- Cluster 4 – smartphone addiction occurred together with a high smoking rate

This research demonstrates the existence of different subgroups of youth who have diverse profiles on motives related to smoking and susceptibility to smartphone addiction. This relationship has been unclear in previous research.

Results in this study suggest that rather than a relationship strictly between smartphone addiction and smoking, there are instead subgroups differing in smoking motives which have an influence on this relationship. Youth's susceptibility to smartphone addiction and/or smoking may be depending on the motivations they have towards smoking. The small proportion of youth who were susceptible to both smoking and smartphone addiction showed strong motivations for social, self-confidence, and boredom relief motives towards smoking. These motivations can increase the felt need for smartphone use as well through underlying psychological factors associated with the motivations. Findings ultimately suggest that for one subgroup in the younger generation, smartphone addiction could indeed be the new smoking.

Implications from this study include the potential for health education programs to start with a survey to map coincidence of different addictions and motivations.

[Click Here](#) to view the full study

## October 10<sup>th</sup> – World Mental Health Day

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma, recognized on October 10<sup>th</sup>. The World Federation for Mental Health (WFMH) announced the theme for 2021 which is 'Mental Health in an Unequal World'. This theme will highlight that access to mental health services remains unequal, emphasizing lack of investment in mental health, stigma and discrimination, and the COVID-19 pandemic. The 2021 campaign enables a focus to be on the issues that perpetuate mental health inequality locally and globally. [Click here](#) for the webpage.

The World Health Organization (WHO) recognizes World Mental Health day every year, with this year's theme recognizing the drastic impact that the COVID-19 pandemic has had on people's mental health. The WHO's campaign will be showcasing the efforts made in some of the countries that have returned to some normalcy and encourage the highlighting of positive stories as an inspiration to others. The WHO's slogan for this year's campaign, 'Mental Health care for all: let's make it a reality' reflects that of the WFMH and is acted on by providing new materials will also be provided in easy-to-read formats, of how to take care of your own mental health and provide support to others too. [Click here](#) for the webpage.

## Your CD Capacity Building Contacts

<b>SJHH - West 5th Site: R151</b>	<b>Fax: (905-381-5620)</b>
<b>Catherine McCarron (RSW, MSW, Manager)</b>	Ext. 34388
Young Adult Substance Use Program (YA-SUP)	<a href="mailto:yasup@stjosham.on.ca">yasup@stjosham.on.ca</a>
<b>Candice Brimner (Social Worker), Vanier Towers</b>	289-260-0543
<b>Bill Baker (Mental Health Worker) Charlton Site</b>	Ext. 32801; Pager 5799
<b>Michelle Sanderson (Community Support Counsellor), West 5<sup>th</sup> &amp; Charlton</b>	Ext. 36868; Pager 5707
<b>Jonathan Paul (Community Support Counsellor), West 5<sup>th</sup> &amp; Charlton Site</b>	Ext. 36287; Pager 5799
<b>Melissa Bond (Administrative Assistant)</b>	Ext. 39343
<b>Tracie Groff (Addiction Attendant), West 5<sup>th</sup> &amp; Charlton Site</b>	Ext. 34901
<b>Nick DiCarlo (Addiction Attendant), West 5<sup>th</sup> &amp; Charlton Site</b>	
<b>Amanda King (Community Support Counsellor), Charlton Site</b>	Ext. 36227
<b>Victoria Kay (Concurrent Disorders Intern)</b>	Ext. 39124
<b>*Opioid Replacement Therapy consultations available through Addiction Medicine Service Team*</b>	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>

## Virtual Drop-In Group Information

We are happy to have all of our drop-in groups running virtually through ZOOM!

Below are the times and a brief description of the group offered by the Community Psychiatry team at W5th

All ZOOM links found at [cdccapacitybuilding.com](http://cdccapacitybuilding.com)

### **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
- Limit of 10 participants per group

### **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 with any mental health diagnoses
- 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: 1) Education around post-acute withdrawal syndrome 2) Physical health exercise and nutrition 3) Mindfulness 4) Sleep hygiene 5) Budgeting and financial security 6) Self-care, balance and resiliency
- These 6 sessions provide us 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**

- This "drop-in" is designed to provide a brief sampling of DBT skills - not a formal DBT group
- Start any week
- Focuses on the skills of: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
- Log in several minutes before start time

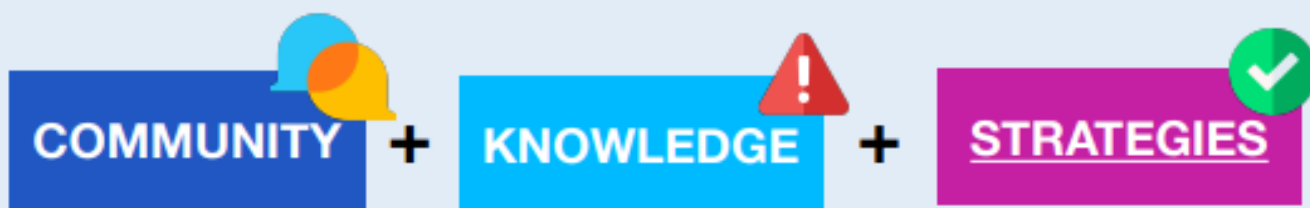


## LOVED ONES EDUCATION GROUP

### 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



If you are interested in participating in a Loved Ones Education Group, please register here: <https://www.cdcapacitybuilding.com/youth-program>



**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**

# **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

**MORE INFORMATION AND  
ZOOM LINK AT**

<https://www.cdcapacitybuilding.com/online-group-link>