



# CONCURRENT DISORDERS

## CAPACITY BUILDING TEAM

# February Newsletter

## Loved Ones and Family Groups

The presence of a serious mental illness or addiction can have significant impacts on family members and loved ones. Chronic stress and the demands of caring for a loved one can have an impact on an individual's day-to-day living, health, social and family relations, careers and financial situation<sup>1</sup>.

Available to loved ones, regardless of whether or not their loved ones themselves are a part of our Concurrent Disorders or Young Adult programs, are two different groups offered specifically for the loved ones of individual with mental health and/or addiction concerns.

Both groups are based on Community Reinforcement Approach to Family Training (CRAFT), an evidence-based approach to change the way individuals interact with their loved one to promote positive relationships and recovery.

On the last Wednesday of each month from 6:30-8:30pm is our **Concurrent Disorders Family Night**. This group is drop-in style and individuals can begin attending at any point by clicking the Zoom link at [Online Group Links | CDCBT \(cdccapacitybuilding.com\)](https://rsjh.ca/redcap/surveys/?s=EAMLYJ3DDZ). The main goals for participants are:

- Improving THEIR quality of life and functioning
- Providing skills to support THEMSELVES in their relationship with their loved one experiencing mental health and/or addiction challenges
- Encouraging them to live according to THEIR own values

Additionally, this group strives to educate loved ones and increase their knowledge of caring for a person with

concurrent disorders. This group consists of four rotating session topics, including:

1. Values, Acceptance and Recovery
2. Effective Communication and Support
3. Boundaries, Limits, and De-Escalation
4. Doing For, Motivation, and Self-care

The Young Adult Substance Use Program offers a stream specifically for loved ones—the **Loved Ones Education Group**, for the parents and other supporters of young adults (17-25) with substance use problems. Interested individuals are required to register for the next upcoming group cycle at <https://rsjh.ca/redcap/surveys/?s=EAMLYJ3DDZ>. The group includes 8 sessions:

1. Group Overview, Safety, and Self Care
2. Understanding Substance Use
3. Understanding Co-occurring Mental Health Concerns
4. Positive Communication
5. Past Patterns & New Strategies
6. Rewards & Coping with Intoxication
7. Allowing Negative Consequences
8. Special Cases, Review & Next Step

1. Family Mental Health Alliance (2006). *Caring Together: Families as Partners in the Mental Health and Addiction System*.

# 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
- Special Cases, Review, & Next Steps



**Sign up today to participate in one of our future groups.**

**The next cycle will begin on March 1, 2022.**

**Groups run for 8-weeks, on Tuesday's 6:00-7:30pm.**

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

**St. Joseph's**  
Healthcare  Hamilton

### **Loved Ones Group**

[Click here](#) for information on the Loved Ones Education Group

## Young Adult Corner

“Talking pot with youth” is a guide to help understand the youth perspective on what makes an effective youth ally when it comes to conversations about cannabis.

It provides a series of exercises that will:

- “Guide you through a self-assessment process to determine your potential biases and explain how to set these biases aside before talking with youth about cannabis;”
- “Provide you with the values and principles for supportive communication, including practical ways to create a safe space for youth;”
- Lead you through the spectrum for using cannabis and support you in having judgement-free conversations about cannabis with youth; and”
- “Provide answers to frequently asked questions about cannabis to support your conversations with a youth.”

The exercises include:

- Check Yourself
- Prepare for the Conversation
- Understand the Spectrum of Cannabis Use

Find the guide here: [Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies \(ccsa.ca\)](https://www.ccsa.ca/talking-pot-with-youth)

## Clinical Corner: Opioid Resources

The opioid crisis is a Canadian public health crisis that continues to impact individuals, families, and communities. A majority of opioid-related deaths continue to be accidental, with fentanyl being a more commonly direct contributor to deaths than before<sup>2</sup>. Recent reports from Chiefs of Ontario highlight the increase in opioid-related poisonings during the pandemic amongst First Nations in Ontario; a population disproportionately affected by the overdose crisis<sup>3</sup>. This increase can mainly be attributed to the growing presence of fentanyl in the unregulated drug supply. The City of Hamilton Public Health services, and both Toronto and Peel Public Health reported the greatest increases in the number of opioid-related deaths during the pandemic<sup>2</sup>.

Taking aim at reducing the associated harms with using drugs from the unregulated drug supply is [Toronto's Drug Checking Service](#), launched as a pilot project in 2019 with the Centre on Drug Policy and Evaluation. This service published regular reports on the city's unregulated drug supply, as well as develops and circulates alerts on new and noteworthy drug trends. The goal is to inform both the people who use drugs, and those who provide support and care for them, to the contents of their drugs. The drug checking service also helps to uncover the makeup of Toronto's unregulated drug supply.

Other initiatives are also tackling the opioid crisis. Back in December 2021 Hamilton Paramedic Service [launched a new opioid overdose education program](#) to provide awareness and prevention education, and to distribute naloxone kits on opioid-related calls. A [safe drug supply program in London](#) has reduced overdoses, crime and hospital visits. The high demand for this local program speaks to the immense need for safe supply programs across Ontario. Within Hamilton, the only authorized safe supply program is Support and Safer Supply (S.A.S.S.). The program aims to provide pharmaceutical grade opioid alternatives to individuals at risk of overdose from contaminated illicit drug supply, as well as peer support. Unfortunately this program is currently full, but has an active waitlist. Additionally, there is the [Van Needle Syringe program](#) in Hamilton available to provide needles, safe injection supplies, and needle disposal throughout the city.

2. Interactive opioid tool. Public Health Ontario. (n.d.). Retrieved February 21, 2022, from <https://www.publichealthontario.ca/en/data-and-analysis/substance-use/interactive-opioid-tool>

3. Chiefs of Ontario calls for action to address rise of opioid-related deaths among First Nations in Ontario. Chiefs of Ontario. (2021, November 26). Retrieved February 21, 2022, from <http://chiefs-of-ontario.org/chiefs-of-ontario-calls-for-action-to-address-rise-of-opioid-related-deaths-among-first-nations-in-ontario/>

***“What mental health needs is more sunlight, more candor, and more unashamed conversation.” – Glenn Close***



# Young Adult Substance Use Program (YA-SUP)

A program designed to meet the unique needs of young adults (17-25 years of age)

## Who is this program for?

- ☐ Young adults age 17-25
- ☐ Young Adults looking to make changes to their substance use
- ☐ Young Adults committed to attending **group-based** treatment
- ☐ Those not in immediate crisis

## How to Refer?

**CONNECT** (*self or professional*)

(905) 522-1155, Ext.36499

### Internal referrals

can be made via Dovetale

## Loved Ones Education Group

An 8-week group for the parents and other supporters of young adults with substance use problems focusing on changing the way you interact with your child or loved one to promote positive relationships and recovery.

Please register on the website:  
<https://www.cdcapacitybuilding.com/youth-program>

## The Young Adult Stream has a core ~12-week group structure and includes:

### Five individual sessions including:

- ✓ Intake assessment (2 hours)
- ✓ 1 week feedback session (1 hour)
- ✓ Check-ins (1 hour) at weeks 4, 8, and 12

**YA-SUP**

### Group Programming including:

- ✓ **Mind-Drug Connection** based in Cognitive Behavioural Therapy and Relapse Prevention.
- ✓ **Balancing Emotion and Mind** based on Dialectical Behavioural Therapy.
- ✓ **Mindfulness** based on Mindfulness-Based Stress Reduction.

*Other Groups Coming Soon*

**We recommend attending 2 or more groups per week.**



*Young adults can continue accessing groups even after individual sessions are completed.*



**Consultations** (time-limited) with a Nurse Practitioner, Psychiatrist, or Psychologist *may* be offered to help clarify diagnoses, recommend medications, and conduct additional testing. YA-SUP is **not intended for those only requiring access to consults.**

**We want to work together.** The YA-SUP is one part of a complex health and mental health system. We want to work together with current health and mental health providers to share care and collaborate to optimize treatment.

**Reduce negative  
impacts of  
substance use**

**Improve mental  
health and  
wellbeing**

**Increase  
substance-free  
activities**

**St. Joseph's**  
Healthcare  **Hamilton**

More information here: <https://www.cdcapacitybuilding.com/youth-program>

## One-Page Overview

[Click here](#) for a one-page overview of the YA-SUP program

## Resource Spotlight

### VEGA Family Violence Education Resources

The VEGA (Violence, Education, Guidance, and Action) Project has created evidence-based guidance and education resources, accessible at no cost, to assist healthcare and social service providers in recognizing and responding to family violence. This project also seeks to reduce experiences of any associated problems and prevent further violence.

To access:

- **Individuals** can register through the project website
- **Organizations** are asked to contact to seek permission for your organization to use the VEGA resources

<https://vegaproject.mcmaster.ca>

### Podcast: Heart of the Matter, Hosted by Elizabeth Vargas

Heart of the Matter, hosted by Elizabeth Vargas, is a production from Partnership to End Addiction. In this unique interview series guests are given the opportunity to share their personal experience with addiction. The podcast offers a safe space for individuals to open up about addiction, substance use and mental health. The goal is to share the ways in which people are shifting their narrative to support the cause of ending addiction. New episodes of this podcast are released every other Tuesday, and are available wherever you get your podcasts.

[Heart of the Matter, a Podcast Hosted by Elizabeth Vargas - Partnership to End Addiction \(drugfree.org\)](#)

## 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
<b>Young Adult Substance Use Program (YA-SUP)</b>	<a href="mailto:yasup@stjosham.on.ca">yasup@stjosham.on.ca</a>
<b>Amanda King (Community Support Counsellor), Charlton Site</b>	Ext. 36227
<b>Bill Baker (Mental Health Worker) Charlton Site</b>	Ext. 32801; Pager 5799
<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>Michelle Sanderson (Community Support Counsellor), West 5<sup>th</sup> &amp; Charlton</b>	Ext. 36868; Pager 5707
<b>Nick DiCarlo (Addiction Attendant), West 5<sup>th</sup> &amp; Charlton Site</b>	
<b>Patrick Geuba (Registered Nurse)</b>	
<b>Stephanie D'Odorico (Mental Health Worker), West 5<sup>th</sup> &amp; Charlton Site</b>	Ext. 35047
<b>Tracie Groff (Addiction Attendant), West 5<sup>th</sup> &amp; Charlton Site</b>	Ext. 34901
<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>