



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

June 2023 Newsletter



British Columbia's Opioid Crisis — “The Drug War”

According to a new report from advocacy groups, prohibitive drug policies that are resulting in the deaths of drug users are centered on local governments and police departments in British Columbia.

That's according to the Vancouver Area Network of Drug Users (VANDU) and the Pivot Legal Society, who say that since up to seven people die from overdoses every day in the province, something needs to change. They argue that this must occur at the community's grassroots level.

Even after "decriminalization," the police continue to hover. They are all over. We just want our employees to work hard at what they do. Do reputable research. Never give up. Delilah Gregg, a member of the VANDU board, stated, "There will be no rest for the government if the people do not have peace." The new drug decriminalization law in B.C. went into effect on January 31. Fentanyl, heroin, morphine, crack and

powder cocaine, methamphetamine, and MDMA cannot be seized or arrested by individuals in possession of less than 2.5 grams.

Instead, according to the B.C. government, upon request, drug users will receive an information card detailing health and social supports, such as local treatment and recovery services. However, the report mentions that a public health emergency was declared in 2016 as a result of the rising number of overdose deaths. It stated that since then, all government levels have pledged to employ "all tools" to prevent overdose-related deaths.

To ensure the success of decriminalization in B.C., the ministry stated that it had invested more than \$11 million in new positions. These positions include new "decriminalization navigators" who are on the ground to help establish connections with local service providers and police.

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



Young Adult Segment

Health Canada Says Illegal 'Copycat' Cannabis Products Can Cause Serious Harm to Youth

In a public statement, Health Canada warns parents that unlawful "copycat" edible cannabis products can seriously injure children if they are accidentally swallowed. According to a warning from Health Canada published on Wednesday, these illegal goods include "cereal and snack foods such as chips, cheese puffs, cookies, chocolate bars, and a variety of popular candies in colourful packaging" that "contain high amounts of THC that increases the risk of experiencing adverse effects of poisoning."

Numerous "copycat" cannabis products with images that resemble popular snack brands like Starburst, Doritos, and Oreos are listed on Health Canada's website.

The health department reports that there have been multiple instances of young adults and children being admitted to hospitals, notably after ingesting unlicensed and unregulated goods. The health organization issues a warning that cannabis consumption by children, teenagers, and even pets poses a substantial risk of injury.

There have been more emergency room visits to hospitals and more calls to poison control centres concerning kids consuming illegal cannabis treats. The warning from Health Canada states that poisonings "can be life-threatening, sometimes leading to coma, being put on a ventilator, or in rare cases, even death." The government even claims to be aware of incidents from other parts of the world where children have died from cannabis toxicity despite the fact that no fatal cases have been documented there. Legal cannabis goods come in plain packaging, which lessens their attraction to youngsters. Illegal cannabis product packaging can occasionally resemble well-known brands of candy or other snacks.

According to the health authorities, a safe tell to know that cannabis products are legal is that they include a health warning and child-resistant materials to prevent kids from opening the product. Chest pain, an accelerated heartbeat, nausea, vomiting, sluggish and ineffective breathing (respiratory depression), extreme anxiety, and other symptoms can indicate that cannabis has been consumed.

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

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

***“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending”
— Carl Bard***

Cannabis Column — Naturalistic Examination of the Anxiolytic Effects of Medical Cannabis and Associated Gender and Age differences in a Canadian cohort

This study sought to determine whether the anxiolytic effects of cannabis are influenced by gender, age, or other factors by looking at patterns of medical cannabis usage among those who used it to treat anxiety.

Using analysis of variance (ANOVA), the primary study looked at changes that occurred within a subject across time (from pre- to post-medication) and interactions between time and two candidate moderators (gender (male, female) and age (18-29, 30-39, and 40+ years old). Post hoc tests were carried out with a Bonferroni correction for significant main effects of interactions. Using the chi-square test of independence, a secondary analysis looked at how the proportion of emotives endorsed varied by gender and age.

The findings found that Cannabis use significantly reduced anxiety scores in both men and women (the mean efficacy was 50%), and efficacy was similar for all three

strains. However, sex differences in potency were found in two strains. Anxiety after cannabis use was significantly reduced in all age groups (i.e. the efficacy in the 40+ age group was significantly lower than in other groups). The optimal dose across the cohort was 9-11 inhalations for men and 5-7 inhalations for women, although there was some variability in doses by strain, sex and age group.

All three strains were found to have significant anxiolytic effects and were well tolerated. Limitations of this study included a modest sample size, a self-reported diagnosis of anxiety, the presence of unknown comorbidities, and prior cannabis use regardless of whether other drugs or cannabis products were used. and limited to inhalation only.

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

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

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

Some of the major research publications from each category include: **Mental Health & Addiction:** Sex differences in the clinical presentation of early psychosis in a primary care setting.

Lungs & Chest: Comparing bronchial thermoplasty with biologicals for severe asthma: Systematic review and network meta-analysis.

Kidney & Genitourinary: A Metabolic Enhancer Protects against Diet-Induced Obesity and Liver Steatosis and Corrects a Pro-Atherogenic Serum Profile in Mice.

Father Sean O'Sullivan Research Centre: Cardiovascular mortality trends in patients with chronic kidney disease compared to the general population.

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

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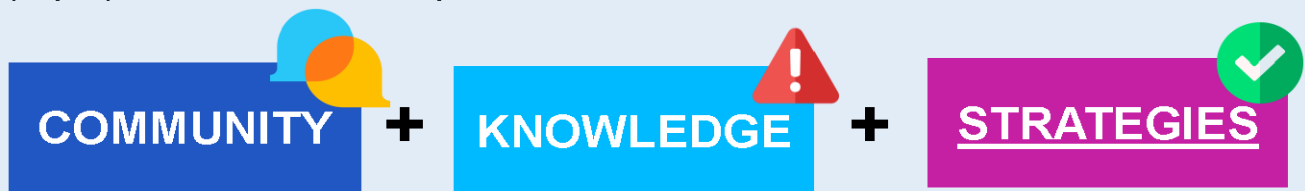
The Young Adult Substance Use Program (YA-SUP)

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 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

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Trauma Informed Care

WEDNESDAY, JUNE 28TH, 2023
12:00PM - 1:00PM

Presented by:

Sonya Sethi-Rankin, Clinical Supervisor of
Men's Addiction Service Hamilton

Please join us on Wednesday, June 28th, 2023

A trauma-informed approach takes into account an understanding of trauma in all aspects of service delivery and more directly addresses the need for healing from traumatic life experiences.

Trauma-informed care has several implications for addiction and mental health services.

[Register through Eventbrite HERE:](#)

Contact: jbarahon@stjosham.on.ca

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Health Promotion Days & Celebrations This Month

- Happy Pride Month
- Canadian Men's Health Month
- World Environment Day - June 5th
- Action Anxiety Day - June 10th
- International Day Against Drug Abuse and Illicit Trafficking - June 26th
- PTSD Awareness Day - June 27th

* 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