



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

September 2022 Newsletter

World Suicide Prevention Day - September 10th 2022

Saturday September 10th is World Suicide prevention day. This is a day that strives to raise awareness about suicide, to support those who are struggling, to reduce stigma and dispel myths about suicide, and to honour survivors and those we have lost.

Suicide feels incredibly isolating and yet it is a prevalent issue across the world and in Canada. Statistics Canada reports that approximately 11 people die by suicide a day, with 11.8% of Canadians reporting having thoughts of suicide in their lifetime. The statistics show us that this is not an isolated issue and we must work to remove the stigma and feeling of isolation as a means of suicide prevention. The work of suicide prevention can feel overwhelming and the issue of suicide is complex, but there are actions we can all take.

This years World Suicide Prevention Day theme is Creating Hope Through Action. Emphasizing that our actions both big and small have may provide hope to those who are struggling.

As individuals we can:

- Check in regularly with our loved ones and colleagues, especially those who appear to be struggling
- Listen attentively and with empathy
- Share resources like the [Guide for People and Families Struggling with Suicide](#) and the [Be Safe App](#) for Hamilton
- Light a candle near a window at 8pm September 10th to show your support for suicide prevention, remember a lost loved one and for the survivors of suicide

Systemically we can:

- Implement evidence based practices for the treatment of suicidal ideation
- Build an understanding about populations who are at increased risk for a suicide attempt
- Encourage implementation of early intervention plans and programs

[Suicide In Canada](#)
[International Association for Suicide Prevention](#)
[SJHH World Suicide Prevention Day Resources](#)

**WORLD SUICIDE
PREVENTION DAY**
CREATING HOPE THROUGH ACTION

Saturday, September 10



St. Joseph's
Healthcare Hamilton



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September Is Recovery Month!!

While individuals and organizations have been celebrating September as Recovery Month for numerous years, it was last year with the passage of Bill 250 that September officially became Recovery Month in Ontario. This means it is Recovery Month's Second Anniversary!

Recovery Month is a month to support those who are currently struggling, celebrate progress that has been made, and reduce the stigma around recovery.

This month consider:

- Attending an education event hosted by a substance use or addiction agency to further your knowledge of the recovery process—there are some online courses under provider resources at cdcapacitybuilding.com!!
- Celebrate the progress of those you know who are in recovery
- Spread the word about Recovery Month to raise awareness and reduce stigma
- Support those in your lives personally and professionally who are at the beginning of their recovery journey or who are struggling by listening with empathy and understanding
- Learn about evidence-based research around recovery by reading this newsletter!

Recovery is about progress not perfection



Young Adult Segment

Recovery Perspectives Among Young Adults

Young adults have the highest prevalence of Substance Use Disorder (SUD) across the age groups and yet the conception and definition of recovery has primarily come from literature on the adult population. Researchers in Massachusetts decided to explore what recovery means to young adults. The hope was that an understanding of recovery in young adults could be used to improve treatment engagement and retention by structuring programs around what young adults think are the important components and outcomes of recovery.

The research found four main themes to recovery emerged

1. Growing Up and Returning to Normal
Recovery allows for them to meet goals of others in the age group (education, job, relationship) as well as find a community
2. Recovery as Multidimensional
Recovery has to be multifaceted, one group is not enough, or abstinence alone is not enough there must be a variety of recovery based activities
3. Recovery as a Self-Motivated Process
Recovery must be self-motivated as much of recovery involves self-work and internal struggle and so it cannot be forced from someone else or along another's schedule.
4. Recovery as a lifelong pursuit
Recovery requires constant work, and it needs to be on the mind always.

Other important themes of note was the importance of treating mental illness while treating substance use disorder, the importance of hope and empowerment in recovery, and collaborative discussions between clients and care providers.

The researches acknowledge limited generalizability with the study due to low number of participants and homogeneity in demographic information.

"My Life Isn't Defined by Substance Use": Recovery Perspectives Among Young Adults with Substance Use Disorder

Cannabis Column— The International Cannabis Toolkit (iCannToolkit)

With the views on cannabis changing globally and legalization evolving, the international research and clinical practice community found themselves lacking a standardized minimum to qualify as cannabis use. They also found that there was confusion around dosage as many cannabis products can have drastically varying THC content. This has made integrating research from different sources and multidisciplinary teams difficult hindering the ability to understand the public health, psychosocial and neurological effects of cannabis use.

An international multidisciplinary panel was formed to create a framework to fill this gap. This panel contained 25 cannabis experts from different world regions and countries with varying legal stances on cannabis use .

The iCannToolkit has 3 hierarchal pyramid layers: Universal, Detailed Self-Report and Biological Measures. Universal was designed for all contexts to get a broad understanding of cannabis use. If a client

endorses daily or near daily use (20+days a month) progression to the next layer is recommended. Detailed-Self Report is context dependent and should be used along with the Universal measure in order to gain further understanding of cannabis use. This study recommends the Timeline-Follow Back Methodology for this layer. The top layer is the Biological Measure which is used in context specific settings along with the previous layers to quantify cannabinoids in biological metrics. This framework suggest urine tests for THC-COOH for this layer.

The authors of the framework believe it will need to be revised as cannabis products continue to diversify and products for which THC is not the primary cannabinoid become more popular. The Timeline-Follow Back method also must be revised as not all cannabis products are clear regarding concentration of THC and amount of grams and thus understanding exact dosage of cannabis can be difficult.

[International Cannabis Toolkit \(iCannToolkit\)](#)

Clinical Corner: Trauma Informed Organizational Dynamics and Client Outcomes in Concurrent Disorders Treatment

A recent study of 172 service users at three concurrent disorders treatment facilities has found that a trauma informed organizational model positively effects intrapersonal social outcomes and results in a reduction of concurrent disorder symptomology.

This study used the Harris and Fallot model of trauma informed practice which includes safety, trust, empowerment, choice and collaboration, and examined how each facet of the model effected patient outcomes. Patient outcomes examined included self-awareness, outlook, coping ability, self-worth , self-determination and reduction of symptoms.

The study developed a Trauma-Informed Organizational Environment Scale in order to assess

patient experiences with the organizational environment, based upon the Harris and Fallot model of trauma informed practice. This scale includes items like "My information was kept confidential" and "I was able to provide feedback to my service providers"

The study found that empowerment had a significant positive impact on all intrapersonal social outcomes and trust had a significant impact on all social outcomes except for self-worth. Trust was the only aspect of the trauma informed organizational model that had a significant impact on reduction of symptoms.

The study supports the implementation of trauma informed practice not only at a clinical level but at an organizational level as well. Suggesting that trauma informed-practices be included in the development of new programs and used to adjust existing programs in order to maximize program effectiveness and service user success.

[Click Here for the Full Article](#)

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“Our greatest glory is not in never failing, but in rising up every time we fail” – Ralph Waldo Emerson

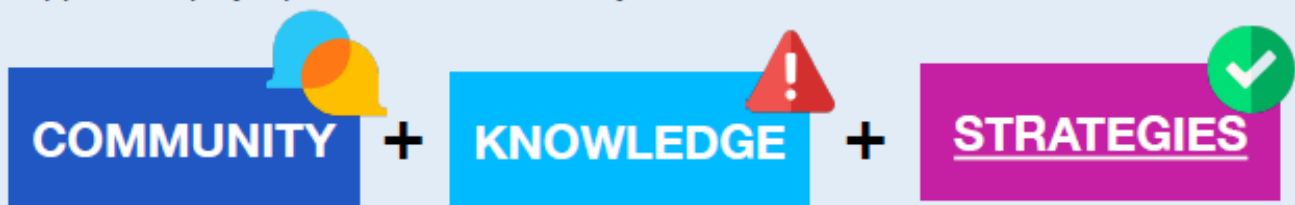
The Young Adult Substance Use Program (YA-SUP)

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 September 13th, 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>

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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**

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

One-Page Overview

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

The Tobacco Addiction Recovery Program (TARP)

Will be returning in October 2022, referrals are welcome!

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.

Download the referral form here: <https://www.cdcapacitybuilding.com/smoking-cessation>

Your CD Capacity Building Contacts

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Catherine McCarron (RSW, MSW, Manager)	Ext. 34388
Young Adult Substance Use Program (YA-SUP)	yasup@stjosham.on.ca
Amanda King (Community Support Counsellor), Charlton Site	Ext. 36227
Bill Baker (Addiction Specialist) Charlton Site	Ext. 32801; Pager 5799
Jonathan Paul (Community Support Counsellor), West 5th & Charlton Site	Ext. 36287; Pager 5799
Melissa Bond (Administrative Assistant)	Ext. 39343
Michelle Sanderson (Community Support Counsellor), West 5th & Charlton	Ext. 36868; Pager 5707
Nick DiCarlo (Addiction Attendant), West 5th & Charlton Site	
Patrick Geuba (Registered Nurse)	
Stephanie D'Odorico (Mental Health Worker), West 5th & Charlton Site	Ext. 35047
Tracie Groff (Addiction Attendant), West 5th & Charlton Site	Ext. 34901
Rowan Blair (Concurrent Disorders Intern)	Ext. 39124
Opioid Replacement Therapy consultations available through Addiction Medicine Service Team	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>