



# CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

## March 2023 Newsletter

### Psychedelic Drug Ketamine Being Hailed a Life-Saving Mental Health Treatment in Alberta

Last fall, Alberta launched an amendment to regulate psychedelic drug assisted therapy, which made it the first province in Canada to do so; treatment options from MDMA, LSD, methoxy DMT and Ketamine had been introduced in January and client feedback has shown promising results.

Known for its many synonyms on the contraband market including: *KitKat*, *Vitamin K*, *Special K* and even *Cat Valium*, Ketamine known medically for its painkilling and anesthetic properties, has shown to be a more progressive treatment option for those with treatment-resistant depression.

According to Manor Clinic Owner Dr. Yogesh Thakker, ketamine use has exhibited overnight results, and response rates are as high as 70-80%, higher than standard medications. However as with any medication there are risks such as addiction, seizures or even high blood pressure. Patients who undergo this option are closely monitored, with the ultimate goal being less frequent use overtime.

The frequency and duration of ketamine as a treatment is dependent on the patient and offered only as a last resort once other conventional treatments have been exhausted.

[Click here for the Tracked Prescription Program \(TPP\) Guidelines](#)

[Click here for the full article](#)



## Young Adult Segment

### Substance Use Disorders and Psychiatric Illness Among Transitional Age Youth Experiencing Homelessness

This research study examined the correlation between substance use disorders and psychopathology amongst transitional aged youth experiencing homelessness. Considering the limited data on this marginalized group, this study, aimed to investigate the severity and prevalence of substance use disorders and psychopathological diagnoses. A sample of 140 *Transitional Aged Youth Experiencing Homelessness* (commonly referred in the research study as TAY – EH ) were gathered with a majority identifying as male and as part of a minority group (Latinx, Black/African) . These youth were also within the age range of 16 to 25 years of age and had the ability to access any level of support whether it was through drop-in services or transitional living services.

The results portrayed notably high rates of psychiatric diagnoses amongst individuals, who were also experiencing specific substance use disorders (cannabis and alcohol being the most prevalent). The findings noted that:

- With the increase of psychiatric diagnoses, among individuals with elevated substance use disorders what is increasingly prevalent in severe
- Individuals who are experiencing APD, ADHD, or mood and anxiety disorders were found to be highly prevalent and severe among individuals who also had a substance use disorder
- A complex overlay of individuals experiencing concurrent substance use disorders and psychopathological diagnoses.
- Individuals with concurrent psychopathology also had a significant association with severe substance use disorder

These findings were able to conceptualize the severe insufficient amount of research amongst TAY – EH. As this subpopulation is quite unique and complex with both their psychosocial and psychiatric needs. Transitional Aged Youth, who are also experiencing homelessness find themselves in a complicated time in their lives, where their ability to navigate an array of risk and disfunction is highly dependent on their availability to access resources (both inner and external) and their ability to be resilient.

[Click here for the full article](#)

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

***“Success is not final; failure is not fatal: It is the courage to continue that counts.”***  
***— Winston Churchill***

## Cannabis Column — Pediatric Hospitalizations Caused by Cannabis Poisoning Doubled in Provinces that Legalized Edibles: Study

According to a new study examining the hospitalization trends of children ages 9 and under, the poisoning rates suggest the consumption of cannabis edibles is the leading cause of rates doubling from before cannabis was made legal in Canada in 2018.

The study had found that approximately one third of all pediatric hospitalizations in British Columbia, Alberta and Ontario are caused by cannabis consumption. Published in the JAMA Health Forum the study compared the hospitalization rates of children due to

poisoning prior to the legalization of cannabis and after. In addition to their comparisons exploration into these rates were explored prior to cannabis edibles hitting the market. This allowed for the comparison between poisoning due to edible cannabis vs. dried.

The consensus stated regulations must be put in place to limit the quantity of THC within cannabis edibles and designing the packaging to be less appealing to children.

[Click here for the full article](#)

[Click here for access to the study](#)

### Clinical Corner — Varenicline Induced Auditory Hallucinations in a Young Female with Bipolar Disorder: A Case Report

It is common knowledge amongst addiction medicine specialists and psychiatrists alike that it is challenging to create a sustainable and appropriate treatment plan for patients experiencing a co-occurring/ concurrent disorder. Varenicline has proven to be effective in smoking cessation treatments, although caution should be taken when prescribing. Reason being the side effects it can cause, such is the case with the client within this case report. With the rising prevalence of concurrent disorders amongst populations that are vulnerably housed, it is prevalent that research and guidance measures in treating concurrent disorders are taken.

This case report examined a client who had been admitted involuntarily, to a psychiatric stabilization unit, fourteen days into treatment the patient was given

varenicline, to which they reported vivid dreams, in which progressed to auditory hallucinations by day sixteen and progressively caused the patient more distress.

This case reported that the prevalence of side effects in patients diagnosed with a mental health disorder as a result of varenicline is rare but was the cause in this case, exploration into concurrent disorder treatments is key. There is a variety of reasons as to why the patient underwent auditory hallucinations. One possibility is the client was inadequately treated for their bipolar disorder, another stated the clients purposefully misreporting adverse effects to minimize medication load. The underlying message and takeaway from this case report is the need for increased collaboration between addiction services and psychiatric teams as this would have minimized the patients distress and allowed for early intervention.

[Click here for the full case study](#)

# YOUNG ADULT SUBSTANCE USE PROGRAM

## 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.

### HOW TO REGISTER

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



### 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

**Community**



**Knowledge**



**STRATEGIES**



**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!*

St. Joseph's  
Healthcare  Hamilton

**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 at the end of June 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>**

**PLEASE JOIN US...  
IN CELEBRATING SJHH SOCIAL WORKERS  
AT THE SOCIAL WORK LUNCHEON**



**PIZZA LUNCH AT NOON (12PM)**

**&**

**GUEST SPEAKERS**

**1:00-2:30PM**

**RSVP: ASHLEY TAYLOR**

**EXT. 33101**

**EMAIL: [ATAYLOR@STJOSHAM.ON.CA](mailto:ATAYLOR@STJOSHAM.ON.CA)**

**Topic: Intimate  
partner violence:  
recognizing and  
responding safely**

**Who: Darina Vasek,  
MSW, RSW & Harriet  
MacMillan, CM, MD,  
MSc, FRCPC**

**LOCATION: LOWER  
AUDITORIUM @ WEST  
5th CAMPUS**

**When: March 9th, 2023**

**Time: 12:00-2:30pm**

**St. Joseph's**  
Healthcare  Hamilton

## Health Promotion Weeks & Celebrations This Month

- ♦ National Social Workers Week — March 6th– 10th
- ♦ Brain Awareness Week — March 13th—19th
- ♦ Neurodiversity Celebration Week — March 13th—19th
- ♦ International Women's Day — March 8th
- ♦ Word Down Syndrome Day — March 21st
- ♦ Purple Day — March 26th

\* 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

<b>CDCBT Located at CPC West 5th Campus, Level 0 Outpatient</b>	<b>Fax: (905-521-6059)</b>
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	
Paige Hastings, RSW, Community Support Counsellor—Addiction Specialist CPT	Ext. 34901
Jasmine Barahona, Concurrent Disorders Intern/Research Student	Ext. 39124
<b>The Young Adult Substance Use Program (YASUP) Located at CPC West 5th Campus, Level 0 Outpatient</b>	<b>Fax: (905-521-6059)</b>
Meghan Barati, RSW, Mental Health Worker	Ext. 33213
Meaghan Lardie, Community Support Counsellor—Addiction Specialist	Ext. 33662
*Opioid Replacement Therapy consultations available through Addiction Medicine Service Team*	Contact Paging