



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

June 2024 Newsletter



Despite almost all (92%) Canadians claiming to be compassionate, only 38% took action in the past year to alleviate hardship

Canadians are frequently acknowledged worldwide for their empathy and generosity; however, recent findings may indicate otherwise. A recent study conducted by the Canadian Mental Health Association (CMHA) revealed that even though nearly all (92%) Canadians claim to be empathetic, only 38% have actively taken steps to alleviate hardship in the past year. Compassion, which is defined as the practice of responding to suffering – whether our own or that of others – with kindness, is often mistaken for empathy. While empathy involves perceiving, feeling, and understanding another person's experience, compassion surpasses empathy by taking action.

"Compassion is the emotional reaction to the struggles of others combined with a genuine, sincere desire to help reduce their suffering and respond with care," explained Margaret Eaton, National CEO of CMHA. "Given the amount of hardship occurring in the world, compassion is now more essential than ever." The survey, conducted by Maru Public Opinion, revealed that although the majority of Canadians (76%) claim that when they witness someone struggling, they feel compelled to help, over half (60%) admit to feeling overwhelmed by the issues and unsure of where to start.

"We are observing many individuals who wish to be more compassionate but do not know how. The good news is that compassion is a part of our human nature and can be learned and practiced," Eaton stated. "In fact, giving compassion, receiving compassion, and allowing ourselves to experience self-compassion are all very beneficial to our mental health." Expressing compassion through caring actions and kindness can positively impact mood and help alleviate feelings of depression. This is because the act of "giving compassion" is closely linked to the release of oxytocin, a feel-good hormone. Research also suggests that compassion is contagious. Experiencing acts of compassion can encourage people to show compassion as well, creating a domino effect.

"This Mental Health Week, we also acknowledge the acts of compassion our community mental health workers across the country provide day in, day out – offering services such as mobile mental health crisis response, harm reduction services, housing, and much more to millions of Canadians," Eaton continued. Practicing compassion is essential in establishing a more just and equitable society. It helps to build trust, strengthen relationships, and foster a sense of community. In fact, nearly 4 in 5 (78%) of Canadians believe that Canada could be a more compassionate country by doing more to assist those in need through social support programs and better laws/policies.

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

Young Adult Segment

Coroner to investigate UVic student's death as parents call for harm reduction, naloxone in dorms

An inquest by the BC Coroners Service will be conducted following the passing of an 18-year-old University of Victoria student due to unregulated toxic drugs in her student dorm in January, as confirmed by the provincial government. Cailin Sidney McIntyre-Starko, also known as Sidney to her loved ones, tragically passed away after collapsing in her dorm alongside another UVic student.

In a letter addressed to Premier David Eby, Provincial Health Officer Dr. Bonnie Henry, Health Minister Adrian Dix, and MLA Lisa Beare, the parents of the late Sidney expressed their belief that their daughter's life could have been saved if necessary action had been taken promptly by 911 call takers, campus security, and the university.

Caroline McIntyre, Sidney's mother and an emergency physician, revealed that her daughter succumbed to a witnessed fentanyl overdose and emphasized that such an incident should have been preventable. She highlighted the delays in administering naloxone and CPR, ultimately leading to the tragic outcome. "Sidney would be alive if nasal naloxone had been available in the dorm where our daughter died and if the students had been educated on how to recognize and treat an overdose. The students who responded were competent and motivated to help, but they were not given the tools they needed to help save her life. Their only option was to call for help," she explained.

The grieving parents are urging the government to implement various measures to protect young individuals from accidental exposure to fentanyl, such as mandatory CPR and naloxone training in high school curriculums and the availability of free nasal naloxone kits across the province. Additionally, they are calling for the mandate of naloxone kits in all schools and campuses in B.C. to ensure that individuals are equipped to recognize and respond to an overdose effectively. Their final request is for the province to hold a coronial inquest into Sidney's death, a request which Premier Eby has confirmed will be fulfilled.

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

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

“ Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. ” — Steve Jobs

Cannabis Column — Daily marijuana use is now more common than daily alcohol use in the U.S., new study finds

In the United States, daily and near-daily marijuana use has become more prevalent than similar levels of alcohol consumption, according to an analysis of national survey data spanning four decades. While alcohol is still more widely used overall, 2022 marked the first time that intense marijuana use surpassed high-frequency drinking. The study, led by Jonathan Caulkins, a cannabis policy researcher at Carnegie Mellon University, revealed that approximately 40 percent of current cannabis users reported using it daily or near daily, a pattern more akin to tobacco use than typical alcohol consumption. Based on data from the National Survey on Drug Use and Health, the research was published in the journal *Addiction*. The survey is a respected source of estimates of tobacco, alcohol, and drug use in the United States. In 2022, an estimated 17.7 million people reported daily or near-daily marijuana use, compared to 14.7 million daily or near-daily drinkers. From 1992 to 2022, the per capita rate of reporting daily or near-daily marijuana use increased 15-fold. This trend reflects changes in public policy, with most states now permitting

medical or recreational marijuana use despite its federal illegality.

In November, Florida voters will consider a constitutional amendment to legalize recreational cannabis, and the federal government is working to reclassify marijuana as a less dangerous drug. Research indicates that high-frequency marijuana users are more susceptible to developing an addiction. Dr. David A. Gorelick, a psychiatry professor at the University of Maryland School of Medicine who was not involved in the study, emphasized that the growing number of daily users suggests an increased risk of developing problematic cannabis use or addiction. He also noted that high-frequency use raises the risk of developing cannabis-associated psychosis, a severe condition characterized by a loss of touch with reality. The Associated Press Health and Science Department is supported by the Howard Hughes Medical Institute's Science and Educational Media Group and is solely responsible for all content.

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

Clinical Corner — Distribution of fentanyl testing strips part of drug strategy action plan in Brantford-Brant

In the past six months, there have been 23 deaths related to opioid use in the region. As part of an action plan to address local substance use issues, around 9,000 fentanyl test strips were distributed through a pilot project. These strips, which can detect the presence of fentanyl in various drugs, were part of the efforts by the Brantford-Brant Drug Strategy coordinating committee. One of the goals for 2024 is to expand access to harm-reduction supplies. Additionally, the Brant County Health Unit collaborated with the County of Brant Public Library to distribute naloxone kits to more rural areas. Naloxone is a medication that can reverse an opioid overdose. The drug strategy's action plan for 2024 includes various goals, such as launching a drug treatment court, continuing efforts to open a consumption and treatment services site, and better supporting Indigenous people using drugs.

Furthermore, a pilot project for xylazine test strips, which can detect a non-opioid veterinary tranquillizer found contaminating the opioid supply, will be initiated soon. The Brant County Health Unit's statistics show that the opioid-related death rate in Brant remains higher than the provincial average. The emergency department visit rate for opioid overdose in Brantford-Brant also remains twice the provincial average. Addressing the stigma surrounding substance use disorders is a top priority, and health unit staff are being trained in this area to lay the foundation for broader community engagement and awareness efforts. The impact of this training will be evaluated, and if successful, it will be extended to other community organizations working with vulnerable populations. Moreover, the Grand River Community Health Centre received funding to expand midwifery services, focusing on prenatal and postnatal care for individuals facing substance use challenges.

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

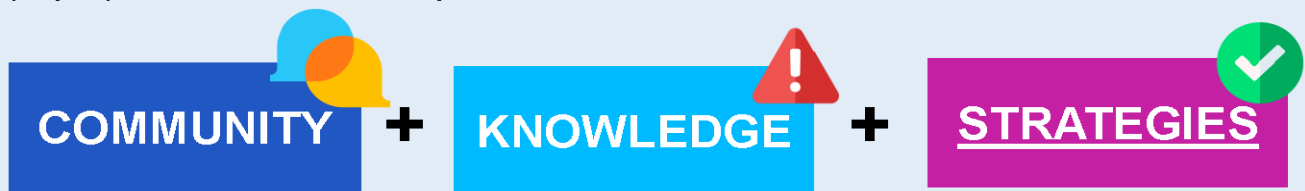
The Young Adult Substance Use Program (YA-SUP)

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>

St. Joseph's
Healthcare  Hamilton

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>

Are you age 17-25 and wanting to make changes to your substance use? Try YASUP's booster group:



Planning for the Weekend

When? Every Thursday from 2pm-3:30pm

Where? Over Zoom.

Email yasup@stjosham.on.ca to get the link!

Why? PFTW offers you a safe space to continue building skills for your recovery to help you reach your goals!

TOPICS INCLUDE:

safer partying

triggers & coping

distress tolerance

values & goals

harm reduction

& more!



For a referral to the Young Adult Substance Use Program, scan here!

New ! YA-SUP Group Planning for the Weekend

[Click here](#) for information on The new YA-SUP Drop-in Group

Tobacco Addiction Recovery Program

New Cycle Starting in September 2024 - 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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Mental Health & Addiction Program Rounds

EVERY THURSDAY
12:00-1:00PM

**[Click Here](#) for access
to the calendar**

**Email: jbarahon@stjoes.ca to be added to
the distribution list**

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