



September 2024 Newsletter

Opioid overdose crisis prompts calls for education and broader access to life-saving medications

In 2024, the accidental opioid poisoning of a Canadian university student highlighted the need for better education and access to naloxone, an opioid overdose reversal medication. There has been a concerning increase in opioid-related fatalities in Canada, particularly among the youth population.

Emergent BioSolutions is advocating for proactive efforts to prevent opioid overdose deaths, emphasizing the importance of equipping individuals with the tools to

respond to such emergencies. The company has distributed millions of doses of NARCAN® Nasal Spray and is working with various stakeholders to increase public awareness and access to this life-saving medication. The Canadian government has also expressed the need for a comprehensive approach to address the opioid crisis and save lives. “As fentanyl continues to proliferate in communities, our kids and adolescents are at higher risk of opioid overdose. That’s why increasing awareness, reducing stigma and improving access to NARCAN® Nasal Spray are important parts of a broader solution to this crisis.” — Joe Papa, president and chief executive officer of Emergent BioSolutions.

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



Young Adult Segment

Overdose prevention guidelines to help protect students at Okanagan College, other B.C. schools

New guidelines are being implemented in post-secondary campuses across British Columbia to protect students and reduce the risks of toxic-drug poisonings. The guidelines include promoting awareness of local overdose prevention and treatment services, providing take-home naloxone kits, and ensuring students can call for help without fear of academic repercussions.

According to Minister of Mental Health and Addictions Jennifer Whiteside, "Poisoned drugs have become incredibly toxic, and more people than ever before are at risk of dying," emphasizing the urgency of the situation. The Ministry of Post-Secondary Education and Future Skills and the Ministry of Health and Addictions will provide nasal naloxone to all universities, colleges, and First Nations Mandated Institutes. The goal is to equip students with the tools and knowledge to keep themselves and their peers safe in an emergency.

These guidelines will also be implemented at Okanagan College campuses, with additional measures such as naloxone cabinets, automated external defibrillators, enhanced first-aid protocols, and expanded training and awareness campaigns to combat the toxic drug crisis.

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

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

UCalgary Recovery-Friendly Campus pledge opens a new chapter

The University of Calgary has made history by being the first post-secondary institution in Alberta to sign the Recovery-Friendly Campus (RFC) pledge. Led by the UCRC and ROC, this initiative aims to prioritize and celebrate all pathways to recovery for students, faculty, and staff, aligning with the university's strategic plan and mental health strategy. According to Dr. Victoria Burns, institutional support is crucial in creating safe environments for individuals to discuss their struggles and normalize the idea of thriving in academic settings while in recovery. Alum Christopher Melendez, who has been sober since early 2023, emphasized how the UCRC played a significant role in his recovery journey, stating, "It feels gratifying that that doesn't have to be someone else's answer. This space can be their answer to how they finished their degree."

The UCRC has received substantial recognition and grants, including a recent \$3-million commitment from the Government of Alberta to support recovery-friendly initiatives across partnered post-secondary institutions. Chelsie Graham, from ROC Alberta, emphasized that recovery encompasses healthy steps towards a better lifestyle. Dr. Burns highlighted the significance of a whole-campus approach for these programs and initiatives to be truly effective, stressing the need for commitment and alignment at all university levels to ensure meaningful transformation across the campus community.

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

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

“One small crack does not mean that you are broken, it means that you were put to the test and you didn’t fall apart.” — Linda Poindexter

Cannabis Column — Examining the Barriers to Licensed Private Cannabis Retailers in Canada: A Quantitative Content Analysis of Canadian News Media Coverage

The research conducted thoroughly analyzes the obstacles faced by private licensed and potential cannabis retailers in Canada as portrayed by the media. The study identifies various barriers to government regulations, supply chains, and competition, emphasizing the need to address these issues to protect public health and safety and combat the unlicensed market. The findings have important implications for policymakers and offer valuable insights into the cannabis retail market.

The study suggests potential measures such as stricter controls on the concentration of retail stores and revising promotional restrictions to enable licensed retailers to provide accurate product information and educate consumers on safe cannabis use. It

also recommends that small cannabis retailers consider forming co-operatives to address supply and demand imbalances. The study calls for further qualitative research to understand retailers' perspectives and the factors influencing policy change.

Additionally, it suggests exploring the impact of media attention on retailer barriers and their potential effect on the study population. Further research is also recommended to understand the barriers faced by cannabis producers and their indirect influence on private cannabis retailers in Canada.

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

Clinical Corner — Many deaths predicted from Ontario's plan to shut supervised consumption sites: experts, data

The Ontario government plans to close supervised drug consumption sites that are within 200 meters of a school or daycare, which may impact programs helping thousands of people survive overdoses. Public health experts warn that this move is likely to increase fatal overdose rates. Instead, the government aims to invest in Homelessness and Addiction Recovery Treatment (HART) hubs.

However, this decision faces constitutional doubts and legal challenges, similar to a supervised consumption site in Vancouver that the Supreme Court ordered to remain open in 2011. Critics argue that such closures should be evidence-based

and justified, especially considering the potential impact on public health and safety.

The Neighbourhood Group, a Toronto-based organization, is set to close one of its sites in Kensington Market due to its proximity to a daycare run by the same organization. The CEO, Bill Sinclair, expressed shock at the closure, citing that they have operated without incident for almost six years and emphasizing the safety of co-existing services. Sinclair highlighted the organization's commitment to serving the community, offering English classes for refugees and an employment program at the facility. He emphasized the importance of such services in health care and community centers in residential areas, underlining their broader impact on the community.

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

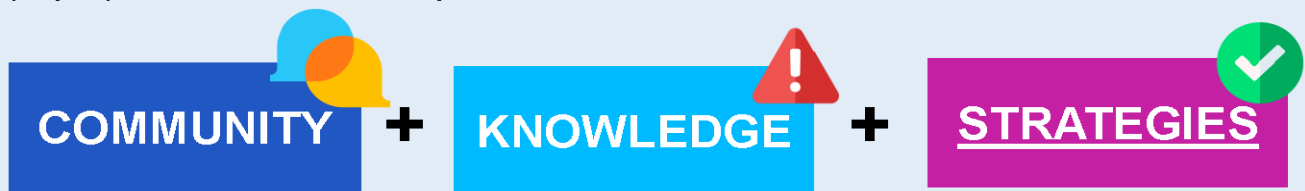
The Young Adult Substance Use Program (YA-SUP)

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
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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>

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 Planning for the Weekend Group

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

Tobacco Addiction Recovery Program

New Cycle Starting in January 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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Health Promotion Days & Celebrations This Month

- [International FASD Awareness Day](#) — September 9
- [World Suicide Prevention Day](#) — September 10
- [Truth and Reconciliation Day](#) — September 30
- [World Alzheimer's Month](#)
- [International Pain Awareness Month](#)

* 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
Madalyn Ulmer, RSW, Mental Health Worker	Ext. 39875
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)
Paige Hastings, RSW, Community Support Counsellor—Addiction Specialist CPT	Ext. 34912
Chelsey Fedchenko, Community Support Counselor—Addiction Specialist	Ext. 33213
Opioid Replacement Therapy consultations available through Addiction Medicine Service Team	Contact Paging