



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

July 2024 Newsletter

Employees with drug and alcohol issues need better supports

During the CPBI Forum in Ottawa, Dr. Sandra Primiano, vice president of research, quality, and clinical practice at Homewood Health, delivered an engaging presentation titled "How to Assist Employees Dealing with Substance Use Problems." Based on a thorough environmental scan by the Canadian Centre for Substance Use and Addiction, Dr. Primiano's insights are critical for health and safety professionals, especially those in high-hazard industries.

She pointed out a significant deficiency in workplace substance use policies across Canada. The environmental scan examined around 800 organizations from 10 industries and found only 35 policies, 12 policy statements, and 24 position statements. Stating, "Many organizations lack comprehensive policies, especially those that include supportive and proactive measures alongside disciplinary actions."

Furthermore, specific sectors experience a higher prevalence of substance use issues. Dr. Primiano stated that "substance use disorders are notably more common in industries like mining, oil and gas, and forestry, with rates around 11-12%." These sectors,

known for their isolated worksites and high-risk environments, have higher rates of substance use among workers. The irregular hours and flexible shifts in these industries contribute to increased alcohol and drug consumption. Workers in these industries also tend to operate heavy machinery and work around heavy equipment.

Some critical suggestions for organizations include:

- Educational outreach
- Assessment and treatment
- Extended mental health services

In conclusion, Dr. Sandra Primiano's presentation illuminated the critical need for comprehensive and proactive substance use policies in the workplace, especially in high-hazard industries. Her insights emphasize the importance of education, supportive work environments, assessment and treatment services, and extended mental health support. By implementing these recommendations, organizations can foster a safer, healthier, and more productive workforce. Dr. Primiano's thorough analysis serves as a vital guide for health and safety professionals looking to address substance use issues effectively.

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

Young Adult Segment

Prevalence of co-occurring conditions among youths receiving treatment with primary anxiety, ADHD, or depressive disorder diagnoses

This study aimed to determine the percentage of youths under 18 with anxiety, depressive disorders, or ADHD who also exhibit high-risk substance use or substance use disorders in community mental health centers. The analysis used binary logistic regression models with data from mental health treatment facilities. The key findings revealed that approximately 5% of youths with anxiety disorders, 10% of those with depressive disorders, and 5% of those with ADHD had high-risk substance use or a substance use disorder. The likelihood of co-occurring high-risk substance use or SUD varied based on factors such as age, race, ethnicity, gender, and other mental health diagnoses. The study suggests that the audience, as mental health clinicians, researchers, and policymakers, play a crucial role in addressing these issues by acquiring knowledge and skills related to substance use treatment and implementing effective strategies.

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In conclusion, the findings of this study reveal a concerning prevalence of high-risk substance use and substance use disorders among youth with anxiety, depressive disorders, or ADHD. The varying likelihood of co-occurring high-risk substance use or SUD based on factors such as age, race, ethnicity, gender, and other mental health diagnoses underscores the complexity of addressing these issues. The study emphasizes the critical and valued role of mental health clinicians, researchers, and policymakers in equipping themselves with the necessary knowledge and skills related to substance use treatment, as well as implementing effective strategies to support these vulnerable populations. It is imperative to raise awareness and implement targeted interventions to address these co-occurring challenges effectively.

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

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

“Obstacles are those frightful things you can see when you take your eyes off your goal”

— Henry Ford

Cannabis Column — Cannabis will likely soon be legally classified as medicine. But medicine for what?

The Drug Enforcement Administration is considering reclassifying cannabis as a medication rather than an illegal narcotic, potentially allowing it to move from dispensaries to drug stores. However, experts caution that the process won't be straightforward. While reclassification would acknowledge cannabis as a medicine, it may also result in more stringent FDA regulations, making it more difficult for patients to access cannabis-based medications. Nevertheless, reclassification could help destigmatize medical cannabis and open the doors for further research. Some experts believe cannabis could be beneficial for treating conditions that are resistant to existing treatments, such as neuropathic pain associated with HIV infection, multiple sclerosis, and spinal injuries.

Additionally, there are discussions about the FDA approval of cannabis-derived drugs, with some emphasizing the need for precise dosing and consistency. Nonetheless, some concerns are that refining cannabis compounds may hinder the 'entourage effect', a phenomenon where all the compounds in cannabis work together to produce a greater effect than when used individually. This effect is believed to be one of the reasons for the therapeutic benefits of cannabis. Overall, there is optimism and anticipation for the potential advancements and approvals in cannabis-based medications.

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

Clinical Corner — N.B. reports record-high opioid deaths involving fentanyl in 2023

In 2023, New Brunswick experienced a record-breaking year for opioid overdoses involving fentanyl, with the second-highest total reported in 2022. Over half of the 72 apparent opioid toxicity deaths in 2023 were fentanyl-related, reflecting a significant increase from the previous year, where the figure stood at 40 percent. Public Health also indicated the detection of "novel substances" in individuals who succumbed to opioid toxicity, highlighting the evolving and increasingly dangerous drug supply in the region.

Despite the increased use of naloxone, Public Health cautioned that take-home kits may not be sufficient to combat overdoses involving these more toxic drugs. The data collection process, which involves Ambulance New Brunswick, hospitals, and the Chief Coroner's Office, was acknowledged to have certain limitations, as it may not capture the full scope of

the issue, as noted by Debby Warren, the executive director of Ensemble Greater Moncton. Front-line workers and community members expressed exhaustion and concern about the growing crisis and its visible impact on public health. Warren echoed these sentiments, emphasizing that the issue extends beyond the reported numbers, affecting individuals in various ways and taking a toll on the local community and first responders.

Health Canada's updated national figures on opioid-related harm revealed that 44,592 Canadians died of an opioid overdose between January 2016 and December 2023. Furthermore, the agency reported that 82 percent of opioid deaths in 2023 involved fentanyl, although it noted that this percentage "appears to have stabilized in recent years."

In New Brunswick, the majority of accidental opioid deaths in 2023 occurred among men and individuals aged in their 40s, reflecting a demographic trend in opioid-related fatalities.

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

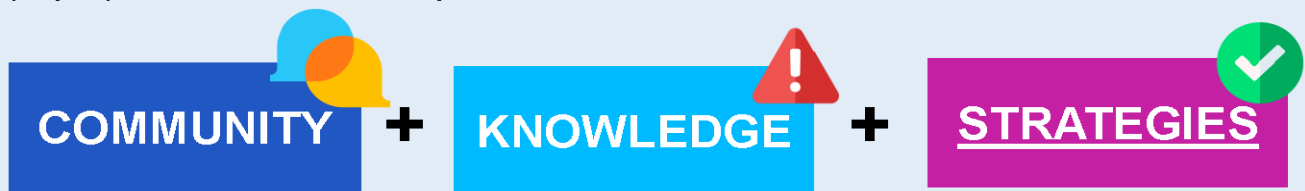
The Young Adult Substance Use Program (YA-SUP)

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>

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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 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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Health Promotion Days & Celebrations This Month

- [National Injury Prevention Day](#) – July 5
- [Glioblastoma Awareness Day](#) – July 17
- [Uterine Fibroid Awareness Day](#) – July 21
- [International Self-Care Day](#) – July 24
- [World Hepatitis Day](#) – July 28

* 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