



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

August 2022 Newsletter

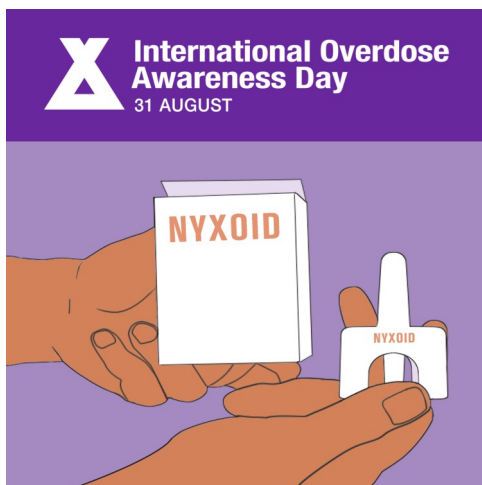
International Overdose Awareness Day—August 31st

International Overdose Awareness Day is a global event that aims to raise awareness of overdose, reduce the stigma of a drug-related death, and is a time to remember and a time to act. The Hamilton Urban Core Community Health Centre is hosting a one-day event for Overdose Awareness Day featuring Naloxone training, a truth hearing on Addictions and Mental health, knowledge exchange from community partners, local politicians and community leaders. The day is dedicated to remembering, without stigma, those who have died due to overdose, and to acknowledge the grief of family and friends left behind.

Overdose from opioids may be what comes to mind when reflecting on overdose awareness, however, International Overdose Awareness Day includes overdose from depressants and opioids, alcohol, and stimulants .

This year's Opioid Awareness Day takes place as the [opioid epidemic in Hamilton continues to deepen](#) in the wake of its worst recorded year for fatalities. In the first seven months of this year, Hamilton paramedics have responded to an average of 61 suspected opioid overdose calls per month. The most pertinent factor explaining the pattern of increasing opioid-related deaths in Hamilton is the pandemic. Limited in-person resources created isolation and heightened people's inclination to use. Additionally, as borders closed dealers began to mix their supply stocks with fentanyl to match pre-pandemic levels. Individuals were getting different drugs than they were used to, and the possibility for overdoses became more likely. Effective measures to limit the number of opioid-related deaths are increasing the distribution of naloxone kits and the availability of harm-reduction supplies and services.

[International Overdose Awareness Day: 31st August - International Overdose Awareness Day \(overdoseday.com\)](#)



In The News

Winnipeg organization points to cannabis as prime culprit in youth addiction

The Addictions Foundation of Manitoba (AFM) point to cannabis as a root cause when it comes to additions in youth. A prevention and education consultant with AFM notes that 64% of youth coming to them are due to cannabis use. Alcohol consumption and dependency also continues to be an issue. The problem appears to lie in the ease of access and normalization of alcohol and cannabis products, especially since the legalization of cannabis

for the last several years. It is possible for parents to assist loved ones who may be experiencing substance abuse by not enabling the behavior. This can be done by allowing them to experience negative consequences from any negative choices made, is one suggestion made. Parents can also help by setting good examples and having open and honest conversations.

[Winnipeg organization points to cannabis as a prime culprit in youth addiction - Winnipeg | Globalnews.ca](#)

The Well-Being of Ontario Students: Findings from the 2021 Ontario Student Drug Use and Health Survey

The Centre for Addiction and Mental Health's Ontario Student Drug Use and Health Survey (OSDUHS) is conducted every two years, and between March and June 2021, a total of 2,225 students in grades 7 to 12 from over 120 schools across Ontario for the 2021 cycle of the survey. Data are based on students' self-reports from anonymous questionnaires completed online. The report covered topics such as drug use, mental health, physical health, social media and technology, video gaming, gambling, school and family-related indicators. Unique to the 2021 OSDUHS was the context in which it was administered, during the COVID-19 pandemic when Ontario schools were closed to in-person learning and students were learning remotely/ virtually during almost all of the data collection period.

COVID-19 Pandemic Experiences

- 59% feel depressed about the future due to COVID-19
- 39% feel the pandemic has negatively affected mental health "very much" or "extremely"

Drug Use

- High-caffeine energy drinks, alcohol, and cannabis were the most commonly used among students grades 7-12
- About 8% report binge drinking in the past month
- 84% who report vaping/using e-cigarettes in past year report vaping nicotine

- Among secondary school students, most common ways of using cannabis are in a vaping device, smoking in a pipe/bong, and eating it in a food product
- 14% of secondary students report using cannabis to cope with a mental health problem at least once in past year
- Alcohol and e-cigarettes/vapes reported as the most readily available drugs/substances (i.e. are easy to obtain)

Mental Health

- 38% rate their mental health as "fair" or "poor"
- 32% report elevated level of stress or pressure in their lives
- 47% indicate a moderate-to-serious level of psychological distress, and 26% a serious level of psychological distress
- 20% harmed self on purpose
- 42% report, in the past year, there was a time they wanted to talk to someone about a mental health problem, but did not know where to turn

[Ontario Student Drug Use and Mental Health Survey \(OSDUHS\) | CAMH](#)

[2021-osduhs-report-pdf \(camh.ca\)](#)

Cannabis Corner— Cannabis Market Changed Since Legalization: New Report Shows Impact

Since the passing of the *Cannabis Act* in 2018, the cannabis market has changed. According to a new report from the Canadian Centre on Substance Use and Addiction (CCSA), *Cannabis Legalization: 2021-2022 Observations*, several developments have been observed since the passing of the Act. These include:

- The overall percentage of people in Canada who reported using cannabis decreased slightly from 2020 to 2021. However, of those who already used cannabis, more youth than adults reported an increase in use during the pandemic.
- The legal retail cannabis market continues to grow, with an increase from \$148 million in 2019 to almost \$355 million in 2021 and retail sales almost doubling in Ontario.
- Growth of the legal retail market demonstrates relative success in diversion from illegal sources.
- Dried cannabis continues to dominate total sales, however demand for other product formats is growing.
- Dramatic reduction in cannabis-related incidents and charges.

It is noted that determining the effects of cannabis legalization became more complicated with the onset of the pandemic, as it was difficult to untangle the combined effects of legalization and the pandemic on cannabis use. The report goes on to summarize the latest evidence regarding the progress made toward the *Cannabis Act's* specific public health and safety objectives. Key trends to monitor include:

- New product trends, including the increase in vaping among youth,
- Consumer transition from the illegal to legal market,
- Consumer awareness and understanding of product composition and effects,
- Mental health and cannabis-related presentations to emergency departments,
- Impaired driving and
- Illegal online sales

[Cannabis Legalization: 2021-2022 Observations \(Policy Brief\) | Canadian Centre on Substance Use](#)

Clinical Corner: Deep-brain stimulation can help reduce alcohol cravings and consumption, study finds

A pilot study by Toronto researchers found they were able to safely reduce alcohol cravings and consumptions in individuals with severe alcohol use disorder (AUD) by treating them with deep brain stimulation. Their findings add support to the view that AUD is a brain circuitry disorder.

Deep brain stimulation is widely used for the treatment of movement disorders, such as Parkinson's disease, and has been increasingly studied for other conditions. The treatment involved the surgical placement of electrodes into specific brain circuit nodes, and a battery pack under the collarbone.

In phase 1 of the trial, deep brain stimulation was delivered to six participants with severe AUD who did not respond to other forms of treatment. The

researchers followed participants for over one year, and reported that all six had experienced a decline in the euphoric sensation associated with alcohol. This led to reduced alcohol intake among all six, and a sustained reduction in alcohol consumption among five. The participants' alcohol consumption, as measured by the average number of standard drinks per day over the past 28 days, decreased from 10.4 at baseline, to 2.7 at their 12-month follow-up.

In terms of side effects of the treatment, patients overall tolerated it well, but one participant did develop an infection about 12 months post-surgery and the electrodes and battery pack were subsequently removed. Much more research is needed before deep brain stimulation can be used as a treatment for AUD.

[Deep brain stimulation of the nucleus accumbens in the treatment of severe alcohol use disorder: a phase I pilot trial | Molecular Psychiatry \(nature.com\)](#)

<https://www.theglobeandmail.com/canada/article-deep-brain-stimulation-can-help-reduce-alcohol-cravings-and/>

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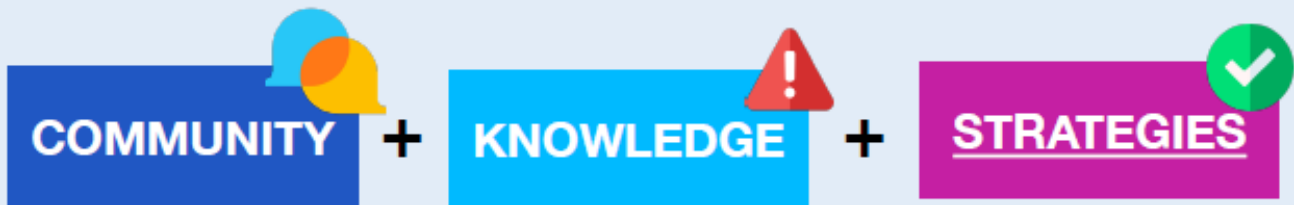
“If we are facing in the right direction, all we have to do is keep on walking.” – Zen proverb

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>

St. Joseph's
Healthcare & Hamilton

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>

Reduce negative impacts of substance use

Improve mental health and wellbeing

Increase substance-free activities

St. Joseph's
Healthcare  Hamilton

More information here: <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.

One-Page Overview

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

Overdose Awareness Day—Hamilton Urban Core

AUGUST 31, 2022

Truth Hearing on the impacts of the Opioid Epidemic, Naloxone Training, Community Partner Tables, Giveaways and Light Refreshments! Learn about what can do, Learn how you can support your neighbours, friends, family and community

[CLICK HERE for the flyer](#)

Hamilton - International Overdose Awareness Day (overdoseday.com)

Your CD Capacity Building Contacts

SJHH - West 5th Site: R151	Fax: (905-381-5620)
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
Victoria Kay (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>