



CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

February 2023 Newsletter

Canada's new Guidance on Alcohol and Health

A new and improved guideline on our understanding of the health risks associated with alcohol consumption has been released. Preliminary evidence has been uncovered and provides a better understanding of the social harms associated with alcohol, *since Canada's Low Risk Alcohol Drinking Guidelines (LRDGs)* published in 2011.

Next to Canada, a total of 6 countries including Australia, Denmark, France, the Netherlands, the United Kingdom and the United States have now updated their guidelines in regard to alcohol-related mortality and morbidity. The guide is based upon the main principle of autonomy in harm reduction and states a risk associated with any use of alcohol.

Risk of Harm associated with alcohol consumption on a weekly basis:

- 0 drinks per week — benefits such as better health, and better sleep.
- 2 standard drinks or less per week — likely to avoid alcohol-related consequences for yourself or others
- 3–6 standard drinks per week — risk of developing several types of cancer, including breast and colon cancer, increases
- 7 standard drinks or more per week — risk of heart disease or stroke increases significantly
- Each additional standard drink radically increases the risk of alcohol-related consequences.
- When pregnant or trying to get pregnant, there is no known safe amount of alcohol use.
- When breastfeeding, not drinking alcohol is safest.
- No matter where you are on the continuum, for your health, less alcohol is better

[Click here for the full guide](#)

Sex Differences in Substance Use, Prevalence, Pharmacological Therapy, and Mental Health in Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD)

Sex differences are not often studied within the field of mental health. This narrative review aimed to review sex differences in adolescents (ages 13-18 years of age) diagnosed with ADHD in terms of substance use disorder (SUD), prevalence, pharmacological therapy, and mental health.

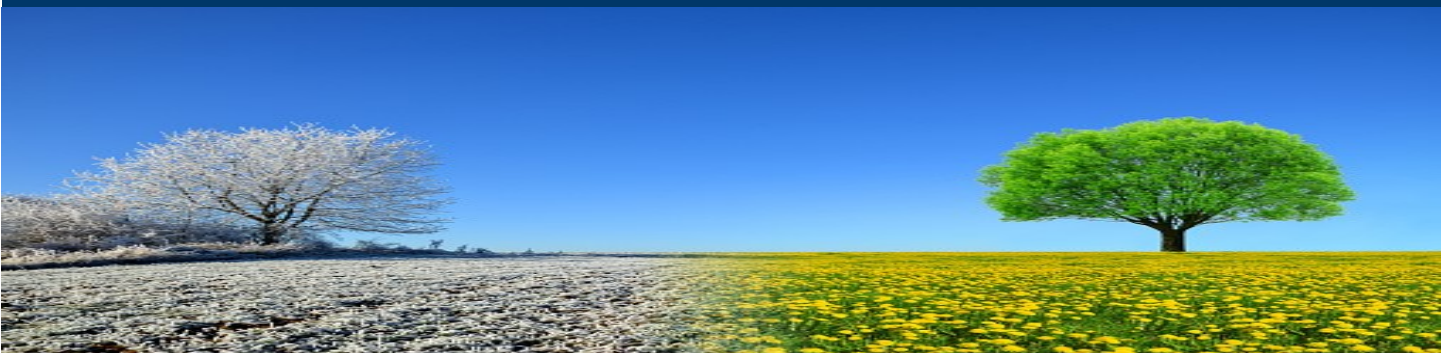
After a review of total of 21 articles, the main conclusions were:

- girls with ADHD are more at risk of substance use than boys, although there was no agreement on the prevalence of dual disorders
- girls are less frequently treated due to underdiagnosis and because they are more often inattentive and thus demonstrate less disruptive behaviour
- together with increased impairment in cognitive and executive functioning in girls the aforementioned conclusion could be related to greater substance use and poorer functioning, especially in terms of more self-injurious behaviour; and
- early diagnosis and treatment of ADHD, especially in adolescent girls, is essential to prevent early substance use, the development of SUD, and suicidal behaviour

Results showed that ADHD was associated with SUD in adolescence, and that girls with ADHD were at an increased risk for some types of SUDs, including tobacco, alcohol, marijuana, and cannabis.

[Click here for the full article](#)

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



Cannabis Column— Cannabinoids in Late Life Parkinson’s Disease and Dementia: Biological Pathways and Clinical Challenges

This review examined preclinical evidence of cannabis use within older populations struggling with neurodegenerative disorders such as Parkinson’s disease and Alzheimer’s dementia. The overall conclusion stated that even with the promising outcomes shown from a pharmacological perspective, the severe lack of longitudinal and controlled trials indicate a gap in our understanding of the efficacy of this treatment long-term. This remains true regardless of pre-existing trials exhibiting cannabis use as a well received and safer alternative to psychotropic medication. However, studies have shown, that considering the vulnerable state of these patients this treatment route requires appropriate clinician observance. The use of cannabinoids as a treatment approach for neuropsychiatric disorders experienced later in life has shown to be beneficial; but only as an alternative treatment approach after first and second line treatments or therapies have failed or shown poor results.

[Click here for the full study](#)

Clinical Corner: Investigating the potential of psychedelics for mental health

Psychedelics are increasingly being studied for their use in treatment of mental health conditions, such as psilocybin for treatment-resistant depression. One of the largest clinical trials of its kind was published in the New England Journal of Medicine on the potential benefits of psilocybin, the active ingredient in “magic mushrooms”, for treatment-resistant depression. Results of the trial showed that one in three participants with depression that was previously treatment-resistant reported a complete absence of symptoms. However, as psilocybin’s safety remains unknown, participants experienced serious adverse effects in all three treatment arms. Although, it was unknown whether the adverse effects

were due to the drug itself or as a result of distress from participants who did not benefit from the trial.

There continues to be stigma regarding the study of psychedelics, however, study co-author Dr. Ishrat Hussain feels that this stigma has reduced greatly in the past 15 years. He describes the results of the study as “very encouraging”, when compared to other medications currently used for treatment-resistant depression.

Further studies are required to determine whether psilocybin is safe and effective for clinical use and currently remains an experimental treatment

[Investigating the potential of psychedelics for mental health | CAMH](#)

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“Our greatest glory is not in never failing, but in rising up every time we fail” – Ralph Waldo Emerson

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
- 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

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>

Tobacco Addiction Recovery Program

New Cycle Starting January 18th - 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 receive a 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>

Multicultural Considerations for Psychotherapy

WEDNESDAY, FEBRUARY 22, 2023

12:00PM - 1:00PM

Presented by:

Sandra Osazuwa, M.A., Psychology Practicum Student from
the Young Adult Substance Use Program and the University
of Toronto - OISE

Please join us on February 22nd

In recognition of Black History Month this presentation will :

1. Critically explore the use of multicultural concepts and frameworks in within the context of psychotherapy.
2. Emphasize the importance of reflexive self-awareness and humility as foundations for competency building.
3. Provide a brief introduction for clinicians and researchers to a client-centered approach that can be applied to a wide range of populations.

Register through Eventbrite HERE:

<https://www.eventbrite.ca/e/cdcbt-monthly-education-multicultural-considerations-for-psychotherapy-tickets-523015211577>

Contact: jbarahon@stjosham.on.ca

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In The News

- [B.C. takes action to save lives, build new connections of care with drug decriminalization](#)
- [Mental Health and Addictions Access Line takes on services offered by The Island Helpline](#)
- [Policy change removes new barrier to prescribing buprenorphine](#)
- [Mental health and substance use disorders rose among youth during height of COVID pandemic](#)

Your CD Capacity Building Contacts

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Opioid Replacement Therapy consultations available through Addiction Medicine Service Team	Contact Paging