



# CONCURRENT DISORDERS

— CAPACITY BUILDING TEAM —

## May 2024 Newsletter

### Wellington Guelph Drug Strategy event highlights need for rural harm reduction

The Wellington Guelph Drug Strategy organized a half-day forum at Aboyne Hall, attended by almost 100 people, to address harm reduction, substance use stigma, and available resources in Wellington County. The event featured seven panelists with lived experience of working with individuals affected by the drug poisoning crisis. Additionally, representatives from organizations like the Sanguen Health Centre provided valuable insights.

The forum emphasized the challenges of implementing harm reduction services in rural areas, particularly in Wellington County, where stigma related to substance use is significantly higher than in urban areas. Panelist Logan Legate highlighted the importance of reducing harm by recognizing life's risks and emphasized the need for kindness, open-mindedness, and empowering individuals.

Furthermore, the event shed light on the delayed dissemination of crucial information in rural areas, highlighting the impact of word of mouth on community safety. Panelists also stressed the significance of language in addressing stigma related to substance use and the need for community-based support.

Local councilors, including Puslinch County Sara Bailey and Wellington North councilor Penny Renken, expressed their commitment to initiating conversations about drug poisoning and the importance of naloxone kits in their communities. These discussions are crucial, especially in light of the alarming statistics, which revealed 27 deaths from drug poisoning in Wellington County in 2023, an increase from the previous year. The reported substance-related incidents also saw a significant rise, indicating the urgent need for proactive measures to address substance use and related issues in the region.

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



# New funding to support mental health, addictions services for local students

The Ontario government has announced a significant investment of \$5 million to enhance mental health and addiction services in 10 post-secondary institutions across the province. This funding aims to address the mental health needs of students in underserved communities in northeastern, eastern, and south-central Ontario.

- ◆ Algoma University
- ◆ Algonquin College
- ◆ Collège Boréal
- ◆ Niagara College
- ◆ Nipissing University, in collaboration with Canadore College
- ◆ Iohahiio Akwesasne Education and Training Institute, in collaboration with St. Lawrence College
- ◆ Shingwauk Teaching Lodge
- ◆ Six Nations Polytechnic

The initiative will involve hiring various professionals, including traditional Indigenous healers, to provide specialized mental health and addiction services for students. The ultimate goal is to ensure that students have reliable and accessible support to enhance their well-being, resilience, and learning. This initiative aligns with the broader objective of filling the gaps in care and expanding mental health and addiction services for all residents of Ontario. Several educational institutions in Canada have partnered with various organizations to provide in-school mental health care for their students. Each university listed above have all collaborated with different health organizations to address mental health challenges among their students. The initiatives include:

- ◆ Funding mental health professionals.
- ◆ Addressing the increase in demand for psychiatric services.
- ◆ Providing support for Francophone and Indigenous students.
- ◆ Offering tailored support for Indigenous students and those in hospice care.

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

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

***“You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens” – Mandy Hale***

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

The use of marijuana on a daily or near-daily basis has become increasingly prevalent in the United States, surpassing high-frequency drinking as an expected behavior. According to Jonathan Caulkins, a cannabis policy researcher at Carnegie Mellon University, approximately 40% of current cannabis users report using it on a daily or near-daily basis. This pattern of use is now more commonly associated with tobacco than with alcohol.

Data from the National Survey on Drug Use and Health reveals that an estimated 17.7 million people used marijuana daily or near-daily in 2022, compared to 14.7 million daily or near-daily drinkers; this represents a significant increase in the per capita rate of reporting daily or near-daily marijuana use from 1992 to 2022. The study also

sheds light on the potential risks associated with high-frequency marijuana use, such as addiction and cannabis-associated psychosis.

Dr. David A. Gorelick, a psychiatry professor at the University of Maryland School of Medicine, emphasized that high-frequency use increases the risk of developing these conditions. This trend is attributed to changes in public policy, with most states now allowing medical or recreational marijuana use despite its federal illegality. This shift is reflected in current debates, such as Florida voters deciding on a constitutional amendment to allow recreational cannabis and the federal government's potential reclassification of marijuana as a less dangerous drug.

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

### **Clinical Corner — More stigmatizing language found in clinical notes for older, female, or patients of color with opioid use disorder**

Recent research presented at the American Psychiatric Association's Annual Meeting on May 4 suggests that older, female, or minority patients with opioid use disorder are more likely to face stigma and bias from healthcare professionals when seeking treatment. The study identified a high prevalence of prejudice and stigma in the U.S. healthcare system, particularly in the language used in electronic health records.

Researchers at Weill Cornell Medicine conducted a study on the use of stigmatizing language in clinical notes of

patients diagnosed with opioid use disorder. They found that notes authored by mental health professionals had lower instances of stigmatizing language compared to other specialties.

However, older, female, Black, or Hispanic patients with opioid use disorder had higher incidences of stigmatizing language in their notes. The study suggests that artificial intelligence-based natural language processing systems could be beneficial in addressing these issues and promoting non-stigmatizing and culturally sensitive clinical documentation. The authors emphasize the need for increased awareness, education, and best practices to reduce stigma and bias in the clinical setting.

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

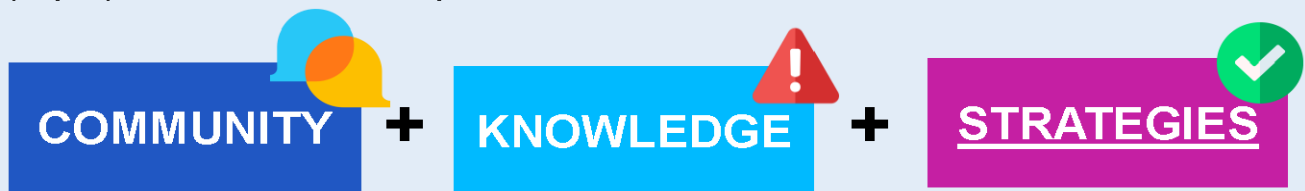
# The Young Adult Substance Use Program (YA-SUP)

## 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>

# 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

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FRIDAYS | 11:00 AM – 12:00 PM

[Online Group Links | CDCBT \(cdccapacitybuilding.com\)](https://cdcbt.cdcapacitybuilding.com)

Meeting ID: 651 4695 9053

Password: 664071

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- 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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# MHAP Rounds

EVERY THURSDAY  
12:00-1:00PM

[CLICK HERE](#) FOR ACCESS  
TO THE CALENDAR



## Health Promotion Days & Celebrations This Month

- [Asian Heritage Month](#)
- [Jewish Heritage Month](#)
- [Dutch Heritage Day — May 5th](#)
- [Mothers Day — May 12th](#)
- [International Day Against Homophobia, Transphobia, and Biphobia — May 17th](#)
- [Victoria Day — May 20th](#)

\* 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

<b>CDCBT Located at CPC West 5th Campus, Level 0 Outpatient</b>	<b>Fax: (905-521-6059)</b>
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
<b>The Young Adult Substance Use Program (YASUP) Located at CPC West 5th Campus, Level 0 Outpatient</b>	<b>Fax: (905-521-6059)</b>
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