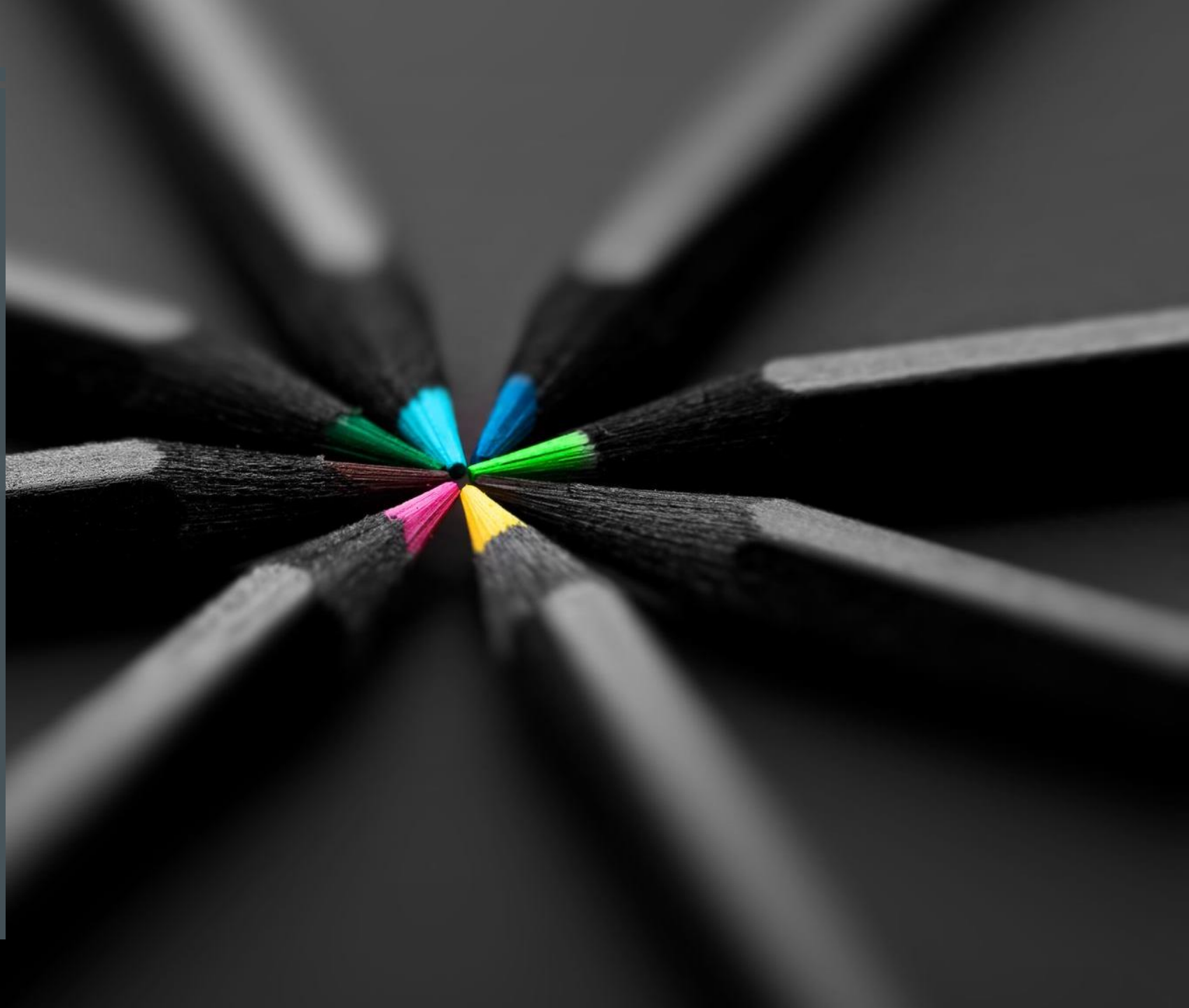


# NAVIGATING THE SYSTEM: WHERE DO WE GO IN TIMES OF STRUGGLE; AND HOW DO WE GET THERE?

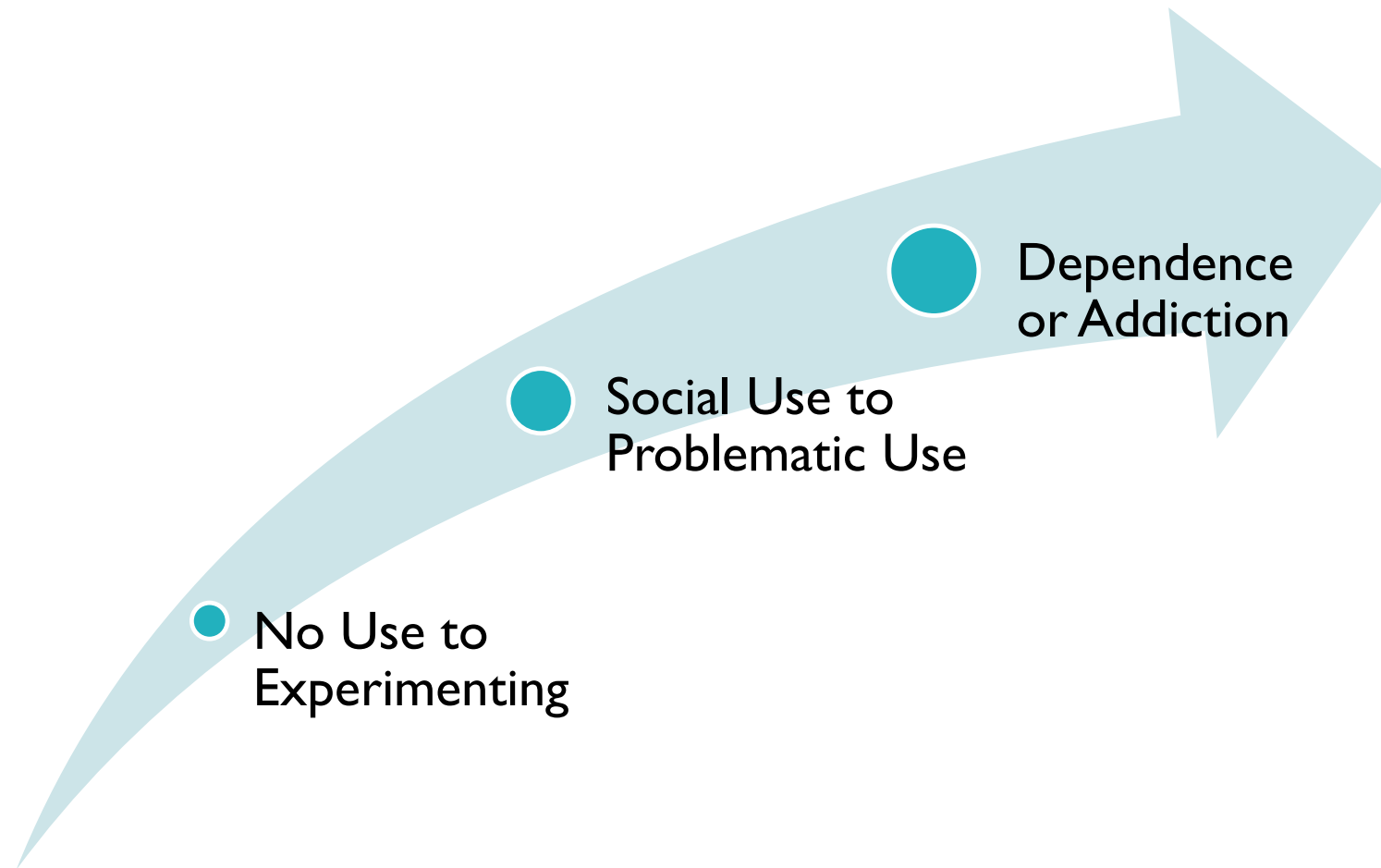
PRESENTED BY:

SUZIE ST DENIS, RSSW, B.A SOCI



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## CONTINUUM OF ADDICTION



# PHARMACEUTICAL AND PSYCHOSOCIAL INTERVENTIONS

## Social/Experimental Use

Pharmacology:  
None Required

Psychosocial Intervention:  
Education on safe using



## Problematic Use

Alcohol:  
Naltrexone, Baclofen, Acamprosate

Opioids:  
Suboxone or Methadone

*\*Withdrawals from Alcohol or Benzodiazepines often require medical intervention via Emergency Department and/or Family Doctor/Nurse Practitioner\**

Brief Solution Focused Therapy  
Development of Coping Skills

Exploring Mental Health  
Low Risk Drinking Guidelines

Out-Patient Services  
Possible Detox



## Dependence or Addiction

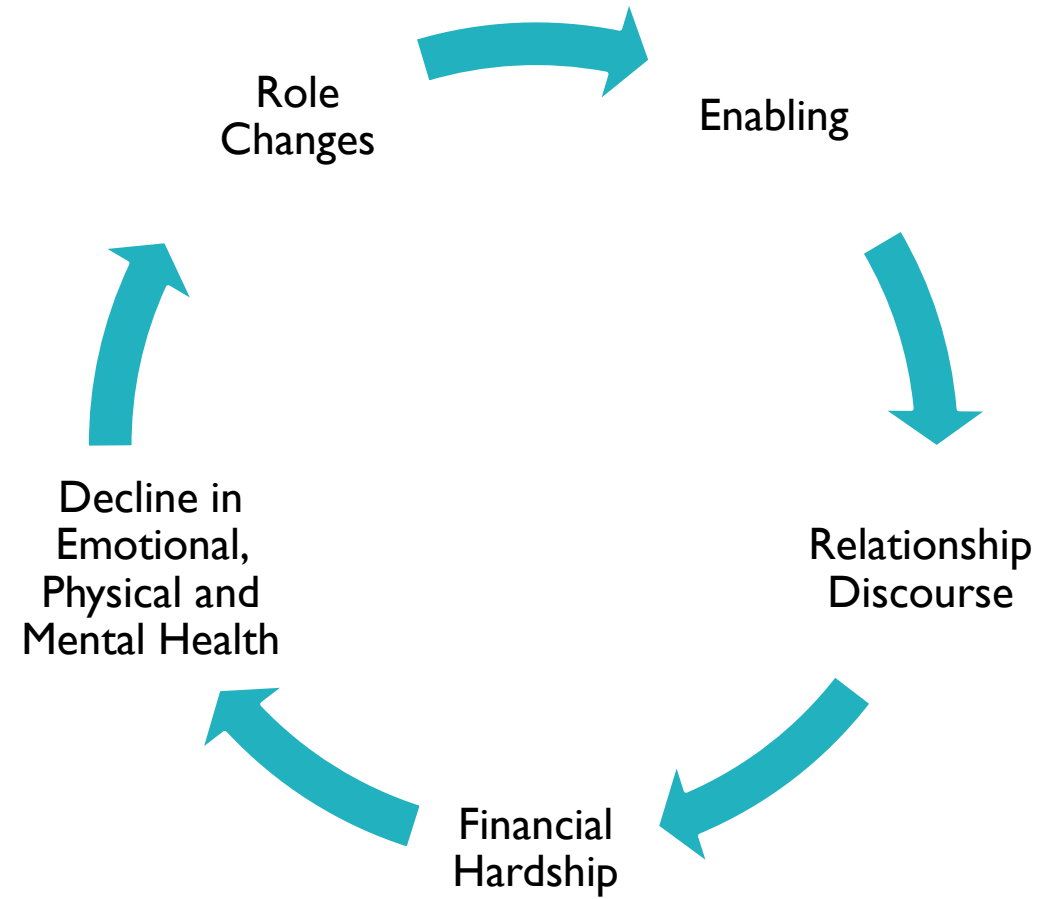
Same interventions as listed above; however, may be higher doses of each medication

Exploring Mental Health-Referrals to Psychiatry

Individual Counselling in MH  
In-Patient Services, ranging from 28 days – 12 months

Detox is likely

# IMPACT ON THE INDIVIDUAL AND FAMILY



# CONCURRENT DISORDERS

## What are they?

- Concurrent disorders are co-occurring addiction and mental health problem/diagnosis (CAMH, 2015)
  - Example: Depression and Alcohol Use
  - Schizophrenia and Cannabis Dependence
  - Bipolar Disorder and Problem Gambling

## Obstacles people may face:

- Substance use (SU) can make mental health (MH) problems worse
- SU can mimic or hide an underlying MH problem
- SU becomes a coping mechanism
- SU can make MH medications less effective
- Concurrent Disorders can often worsen medical, social and emotional problems
- Treatment options can become limited

# COMMUNITY SUPPORTS

## Self-Referral

- Out-Patient services for Addiction counselling such as: South Cochrane Addictions Services, Timmins Native Friendship Centre, RAAM Clinic, OATC Clinics
- In-Patient Addiction Services: Smooth Rock Falls Detox
- Peer Support: Self-Help meetings such as A.A, N.A or G.A
- Out-Patient services for Mental Health counselling and/or support such as: Canadian Mental Health Association\*, Timmins Native Friendship Center, Timmins Family Counselling, Private Counselling via benefits
- In-Patient Mental Health Services: Timmins and District Hospital, Mental Health Unit (In-Patient)\*

## Physician and/or Agency Referral

- In-Patient services for Addiction such as: Residential Treatment Centers, Long-Term Treatment Centers and Medical Detox facilities.
- To access residential treatment throughout Ontario, a standardized assessment called the GAIN-Q3 is required.
- Access to pharmacology interventions requires a Physician or Nurse Practitioner to oversee patients
- In-patient psychiatry services require referral from Psychiatrist

# RAPID ACCESS ADDICTION MEDICINE CLINIC

## Medical Interventions

- Pharmacology:
  - Opioid Use
  - Alcohol Use
- Access to Psychiatry:
  - Assessments completed by psychiatrist from the Royal Ottawa Hospital via OTN
  - Medications explored and recommendations provided for ongoing support
- Active involvement of Patients Primary Care Provider if attached (referred if not)
- Naloxone kits provided and education from medical professionals on safe using and physical consequences

## Psychosocial Supports

- Access to Brief Solution focused therapy
- Referrals to community agencies that fit with care plan
- Assessments provided on a case-by-case basis
- Safe Using practices explored
- Involvement of family in care plan is encouraged by staff
- Fast access: Patients seen same day or within 5 business days for initial appointment
- Self-referrals accepted, aim to reduce barriers of access.

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# QUESTIONS

- Contact information:
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  - Office 705-264-5202
  - RAAM Clinic 705-531-7226

