

# Wellington Guelph Drug Strategy

Mid-year Report, January – June 2018



## WGDS CBA Objectives:

1. A community free from the harms of substance use for all residents.
2. Collaboration through both partnership and participation. The meaningful engagement of our members and our community is integral to our success.
3. Work with a client-centred focus. We value the voices of individuals with lived experience, recognizing how essential their input is in our work.
4. Open communication, trust and transparency are essential to each of our processes.
5. We value a knowledge-base in all of our work, whereby best-practices, applied research and evaluation will contribute to the effectiveness of our projects and overall strategy.
6. We will continually demonstrate our accountability, showing both to our funders and to the community that we are committed to the development of a healthier Guelph and Wellington County.

## WGDS Vision and Mission Statements:

Vision: We envision communities in Guelph/Wellington free from harm related to substance use.

Mission: We take action to prevent and respond to local substance use and addiction issues.

## Introduction to 2018 Mid-Year report

The WGDS has four key approaches, or pathways, that it uses to create change, and through which it accomplishes its Mission and Vision. These pathways are:

- Program Development,
- Research and Knowledge Mobilization,
- Education and
- Advocacy.

This Mid-year Report presents the work accomplished by the WGDS from January-June, 2018 via the pathway structure. Each WGDS project, or shared work process, is described under its respective pathway.

## **PROGRAM DEVELOPMENT PATHWAY**

From January-June, 2018, the WGDS was engaged in two Program Design projects, namely the Supportive Recovery Room (SRR) and the Overdose Prevention Site (OPS). Each of these is described separately below, along with information about project deliverables and outcomes.

In addition, Strengthening Families for the Future, a substance use prevention program that the WGDS has championed for many years, received \$20,000 permanent annualized Targeted Prevention Funding from MCYS in May of 2018.

### **Supportive Recovery Room (SRR)**

- This project was the culmination of work that the WGDS, Poverty Task Force (PTF) and Towards Common Ground (TCG) undertook in 2017 to raise awareness about the need for addiction, mental health and concurrent disorder Crisis Stabilization Services in Guelph
- From January 8 – May 6, 2018, the WW LHIN provided \$175,000 in funds to a host a pilot Crisis Stabilization program for local residents who needed to sleep to recover from substance use. This project was called the Supportive Recovery Room (SRR) project
- 2 SRR beds were provided at Wyndham House Youth Shelter to local residents who needed to recover/sleep from substance use
- SRR clients could utilize a bed for up to 72 hours
- SRR staff, an addictions outreach worker and a paramedic, assisted clients to link to and access needed services during their stay at the SRR
- While the SRR pilot project was underway, the WGDS, TCG and the PTF explored potential long-term funding options to sustain this service
- A potential long-term funding partnership was explored with the City of Guelph, the United Way and the WWLHIN. In this partnership, the City of Guelph would provide a building to house a long-term SRR service, the United Way would host a campaign to cover the cost of upgrading the building to meet necessary codes, and the WWLHIN would provide operational costs for the service.

#### Deliverables and Outcomes-to-date:

- In the 119 days of the SRR pilot, 62 clients were served, and a total of 107 client encounters occurred
- The average SRR length of client stay was 28 hours
- Clients between 17-27 were the most frequent SRR service users, but clients up to 64 years old utilized the service
- The average SRR client identified with an average of 4 priority population criteria (namely: addiction issues, homelessness or at risk of homelessness, low income and mental health issues)
- An extensive evaluation of the SRR pilot was conducted and it provides detailed operational and client-related data which can be used to inform long-term planning

- The SRR pilot fully demonstrated the need for non-hospital based crisis services, and the value that these services can bring in meeting both client and community needs (i.e. right time, right place services for individuals clients, and diversion of clients with addiction challenges from ER services at the hospital)
- The process of exploring long-term funding options was disrupted when the Ontario election required the WW LHIN to enter caretaking mode – thereby stopping the ability of funds for new funding initiatives to be explored
- The WGDS will continue to advocate for much-needed SRR/Crisis Stabilization services in Guelph

### Overdose Prevention Site

The GCHC, the GFHT and ARCH Guelph applied for an Overdose Prevention Site (OPS) in the winter of 2017/18, and received funds for a 6-month pilot site, with opened in May, 2018. These organizations are all partner organizations of the WGDS. Although the WGDS has not had a direct role in developing or operating the OPS, it has had a key public relations role in supporting the OPS. This role has included speaking at events related to opening the OPS, and assisting in media relations with regards to the OPS.

Deliverables and Outcome-to-date:

- In May-June, 2018 (8 weeks), the OPS has had more than 400 visits and has responded to 5 overdoses
- 85% of the drugs used at the site have been opioids
- The organizations hosting the OPS pilot site have requested to attend the July WGDS Committee meeting to share information about the site, and to explore the WGDS Committee's support to apply for a permanent Safe Consumption Site in the City of Guelph

### Strengthening Families for the Future (SFF)

SFF programming is a family-based, group-delivered service that helps families develop resiliency skills in order to reduce the risk of youth engagement in substance use. A group of WGDS partner organizations (CMHA WW, the County of Wellington, the Guelph Community Health Centre, Family and Children's Services, Women in Crisis, the Mount Forest Family Health Team) have provided this service with in-kind support over the last 7 years. The WGDS has led and facilitated the Steering Group for SFF. In May, 2018, the value of this program was recognized by MCYS. \$20,000 annualized Targeted Prevention Funds are being flowed through CMHA WW to provide SFF services to Guelph and Wellington County.

Deliverables and Outcome-to-date:

- MCYS funding will support ongoing SFF service delivery, with CMHA WW taking a lead role in supporting administrative and logistical decisions
- Conditions of the funding include a focus on delivering service to families residing in the County, and the continuation of collaborative community programming, overseen by a Steering Committee

- The WGDS will work with current and future SFF community partners to establish a new Steering Committee process. Once the new SFF Steering Committee is in place and functioning, the WGDS will withdraw given that permanent funding for this program has now been received. The anticipated timeline for this transfer is in early 2019.

## **RESEARCH AND KNOWLEDGE TRANSLATION PATHWAY**

In January – June, 2018 WGDS several activities were conducted under this pathway are: the Last Call Campaign, the Safe Consumption Practices Needs Assessment, the Youth Cannabis project, a presentation at the AMHO Conference, and the first phase of the Year of the Peer Project. Each of these is described below.

### **Last Call Campaign**

- The WGDS has partnered with WDGPH regarding an Alcohol Harm Reduction Working Group since 2015, with WDGPH staff chairing this working group.
- In 2017/18, this working group created the Last Call Campaign, a series of videos featuring local professionals and community members in recovery from alcohol addiction, which raise awareness about the local harms/costs of alcohol misuse
- Alcohol remains the substance that is most likely to cause the greatest harm to the largest number of people in Guelph/Wellington, although its use is normalized and these harms/costs don't capture headlines

Deliverables and Outcomes-to-date:

- By March, 2018, using a combination of social media and Cineplex platforms, the videos had been over 300,000 views, with Cineplex views alone accounting for 163,000 views
- The top viewership was by 25-34 year olds, which was a key target age group for this campaign
- The WDGPH website, Alcohol Stories, which hosts the videos had received over 3,000 visits
- The Last Call Campaign has been very successful in reaching a broad demographic within Guelph/Wellington

### **Safe Consumption Practices Needs Assessment**

- In January, 2018, the WGDS partnered with WDGPH, ARCH Guelph, Sanguen Health Centre, and Toward Common Ground to design and deliver a Safe Consumption Practices Needs Assessment in the Spring of 2017
- Partner organizations worked together to design a user-friendly questionnaire for illicit drug users to learn (1) about their service needs and (2) their current drug use processes.
- In March and April, 2018, a team including staff from WDGPH, peer workers from ARCH and Sanguen, and interns from the WGDS and Toward Common Ground completed interviews with 108 residents in downtown Guelph who use illicit drugs

## Deliverables and Outcomes

- The survey results have been compiled by WDGPH staff, and will be presented to WGDS Committee members in July, 2018
- A distribution plan to share these results with the broader community will be developed over the summer of 2018
- The information gathered via this survey will guide the work of the WGDS Opioid Program Design Working Group, and influence and impact other service design processes.

## Youth Cannabis Project

- Starting in January, 2018, the WGDS led a process to meet with groups of youth representing a wide diversity of this demographic to:
  - (1) explore their current knowledge regarding cannabis use
  - (2) identify key messages for local youth to help them make informed choice regarding their personal use of cannabis
  - (3) determine the means by which these key messages are best distributed to local youth
- The key partners on this project have been the City and County Youth Service Provider Networks (which represent a wide diversity of youth services, including youth probation and parole, employment agencies, residential services, the school boards, etc.), and WDGPH
- January-April, 2018, the WGDS designed , tested and delivered a focus-group process to meet the 3 goals of this project
- In April, 2018, WDGPH applied for and received \$15,000 in funds from GREO to create youth-designed videos which will disseminate the key messages gathered through the focus group process to local youth via social media

### Deliverables and Outcomes-to-date:

- 7 focus groups were conducted with local youth
- The focus groups were conducted with diverse youth groups, including the Guelph Youth Council, students attending a local high school, youth attending a post-secondary school employment skills development program, youth residing at Wyndham House's residential program, etc.
- Key messages to assist youth to make informed choices were determined, and GREO grant funding will permit these messages to be captured in short, youth-designed, videos
- WDGPH staff are taking the lead over the summer and early Fall of 2018 to create and distribute these videos

## Year of the Peer Project

- In January of 2018, the WGDS launched a project called "Year of the Peer" which has 2 primary goals:

(1) to support WGDS partner organizations who offer addiction services to integrate Peer Support Workers by providing information about best practices for this type of employment contract, and

(2) to provide local Peer Support Workers, or those who would like to work as such, with opportunities to enhance their skills.

- January –April, 2018, the WGDS worked with a team of 3 students at the University of Guelph's Research Shop to conduct a literature review of both academic and grey literature on peer worker practices
- May-Aug, 2018, the University of Guelph has provided funding to the WGDS to hire an intern to conduct primary research with organizations and peers to identify their learning needs to support the goals of this project

#### Deliverables and Outcomes-to-Date:

- The Research Shop literature review on was completed in April, 2018
- A Public Health Masters' student has been hired to conduct primary research for this project
- A Consultation Group, with wide representation from WGDS partner organizations, was formed in May, 2018 and is meeting regularly to support this project
- The Consultation Group is guiding the development/design for a 1-day conference to be held in early November, to bring together workshops to address the 2 goals of this project.

#### Addiction and Mental Health Ontario Conference 2018 (AMHO 2018) Presentation

- On May 29<sup>th</sup>, the WGDS, Stonehenge Therapeutic Community, the Guelph Community Health Centre and Sanguen Health Centre presented a workshop called "It Takes A Village: Integrating Cross-Sector Services to Create New Shared Service Models" to over 40 attendees at AMHO 2018
- This presentation highlighted the innovative cross-sectoral working relationships that have been developed in Guelph/Wellington, and the role of the WGDS is supporting these partnerships.
- The Rapid Access Addiction Clinic (RAAC) and the SRR process were used as examples of new, cross-sector partnerships have been developed to meet the needs of local residents who experience complex addiction and mental health issues.
- This session also focused on the value of building cross-sector relationships between primary care, addiction and mental health services, and specialized health services.

#### **EDUCATION PATHWAY**

From January-June, 2018, the WGDS has hosted and co-hosted a diverse range of events which fall under this pathway, including: providing educational session for local prescribers and pharmacists to increase their knowledge regarding Opioid Use Disorder, training on naloxone, sessions on the impact of crystal meth on brain function, and sessions for both local school boards to increase their awareness of substance use issues and addiction.

Deliverables and Outcomes-to-date:

Date/Host	Topic/Speaker(s)	Outcome
<b>Crystal Meth Trainings</b>		
<p>January 19, 2018</p> <p>3 hour training</p> <p>Co-sponsors:            -CMHA WW            -Regional HSJCC            -Traverse            Independence -ABI            Services            -WRIDS</p>	<p>“Crystal Meth and the Brain”, presented by Dr. Judith Lemsky, and Keri Whitelaw</p>	<p>400 attendees (from Guelph/Wellington and the Region of Waterloo) provided extremely positive feedback on this event</p> <p>The presentations were video-taped, and are available on the Core Collaborative Learning website, and/or via the WGDS or the WRIDS to ensure widespread availability of this training</p>
<p>February, 2018</p> <p>2 hour training</p> <p>Co-sponsors:            -CMHA WW            -Regional HSJCC            -Traverse            Independence -ABI            Services            -WRIDS</p>	<p>“Acute Care Responses for Patients Who Use Methamphetamine” – presented by Dr. Alex Cauderella, St. Michael’s Hospital Addiction Services Team</p>	<p>This training was fully subscribed on Eventbrite with 100 registrants.</p> <p>Dr. Cadueralla shared best practice treatment processes from managing clients who experience psychosis are a result of using crystal meth with local acute care and primary care health care providers.</p>
<b>Opioid Use Disorder Trainings</b>		
<p>March/April 2018</p> <p>8 hours of CME training for physicians</p> <p>Hosted by GGH and Homewood EMHAS</p>	<p>“Optimal Management of Inpatients with Substance Use Disorders” – CME at GGH (hosted by Dr. Marcel Dore and Craig Robinson)</p>	<p>Over 70 attendees, including 50 registered clinicians, attended this training which was held at GGH</p> <p>The WGDS, and partner organizations, presented at this training, and the WGDS helped to market the training.</p>

<p>March 6, 2018</p> <p>1 hour presentation</p> <p>Co-sponsor: Guelph Wellington Pharmacy Association</p>	<p>“The Endogenous Cannabinoid System” – Dr. Michael Beasley</p>	<p>40 attendees</p>
<p>May 3, 2018</p> <p>1 hour presentation</p>	<p>“Safe Opioid Prescribing for Acute Care and Chronic Pain” – Dr. Sol Stern</p>	<p>30 attendees (live and OTN)</p>
<p>June 21 and 22, 2018</p> <p>1 hour presentation</p> <p>Co-sponsor: -GCHC -OATC -WDGPH</p>	<p>“Pregnancy, Breastfeeding and Substance Use” – Dr. Lisa Graves</p>	<p>34 attendees representing over 17 organizations.</p>
<p><b>Trainings provided to UGDSB and WCDSB</b></p>		
<p>March 2, 2018</p> <p>3 hour training</p>	<p>“Substance Use Training – Brain &amp; Behaviour”</p>	<p>All UGDSB Health and Physical Education Teachers attended this half day session</p>
<p>May 8, 2018</p> <p>1-hour presentation Half day wellness booth process</p>	<p>A workshop on “Substance Use and Recovery” was provided as part of St. John Bosco Catholic School Wellness Day</p>	<p>Students and staff from St. John Bosco attended this workshop.</p>
<p>May 30, 2018</p> <p>1-hour assembly offered twice</p> <p>Co-sponsors: -ARCH Guelph -CADS -GCHC -GPS</p>	<p>An assembly called “Get Informed: Drug Myths and Realities” was presented to both the junior and senior students at Bishop MacDonnell Catholic Secondary School.</p>	<p>Over 600 secondary school students attended these assemblies, along with staff from Bishop MacDonnell Catholic Secondary School.</p>



-Sanguen Health Centre -Stonehenge TC		
<b>Community Naloxone Trainings (Designed and Delivered by the Opioid Program Design Working Group)</b>		
January 27, 2018  Co-sponsor: -Guelph Neighbourhood Support Coalition	The WGDS Harm Reduction Group provided a session on “Harm Reduction and Substance Use” at the Guelph Equity Conference	30 attendees
April 17, 2018  1 hour presentation 1 hour naloxone training	A workshop called “Overdose Prevention and First Aid Training” was offered to WGDS partner organizations and member of the Downtown Business Improvement Association	Registration reached capacity at 40 attendees, representing both local social service and healthcare providers, and members of the downtown business community

## **ADVOCACY PATHWAY**

The WGDS consistently works to raise the profile of local substance use and addiction issues. It does this directly, by hosting events such as the Stop the Stigma Rally, and indirectly, by representing these issues at a variety of community tables. In addition, the WGDS, along with its partner organizations, uses local media, social media, and other means to bring information, and to share its work, with the broader community

Currently, the WGDS sits on the following community committees, helping to raise the local profile of substance use and addiction service needs:

- Human Services and Justice Coordinating Committee (HSJCC)
- Municipal Drug Strategy Coordinators Committee of Ontario (MDSCNO)
- Poverty Task Force
- Rural Mental Health and Addictions Group
- Safe Communities Wellington
- Towards Common Ground Community of Practice

The WGDS social media contacts are:

[www.wgdrugstrategy.ca](http://www.wgdrugstrategy.ca)

<https://www.facebook.com/wellingtonguelphdrugstrategy/>

[@WGDrugStrategy](#)

In June, 2018, the WGDS was honoured to receive an Award of Merit from Family and Children's Services of Guelph and Wellington County in recognition of its collaborative leadership in addressing substance use issues in Guelph and Wellington County.

## **WGDS ADMINISTRATION PROCESSES**

The WGDS Committee meets quarterly (January, April, July and October) for the following purposes:

- (1) current, local substance-related issues are identified
- (2) community priorities are developed
- (3) working group action plans are reviewed
- (4) feedback/evaluation of WGDS projects occurs
- (5) discussion, education, advocacy, program development and knowledge transfer takes place amongst WGDS partner organizations.

A list of WGDS Committee community partners is listed on the next page.

The WGDS Management Group meets every 6 weeks to provide the following:

- Guidance regarding the strategic direction of the WGDS Working Groups and approval of the annual WGDS workplan
- Feedback and support to the WGDS Manager
- Ensuring the operation of the WGDS is in accordance to terms outlined in the Community Benefit Agreements between the City of Guelph and the County of Wellington, and in accordance to the terms of the Host Agency Agreement between the WGDS and the Guelph Community Health Centre (GCHC)
- The WGDS Management group has representation at a Senior/Strategic level from: Funders (City of Guelph and County of Wellington), GCHC host agency, each of the Four Pillars of the Drug Strategy and the WGDS Chair. Members may have dual roles, so the maximum size of the Management Group is 8, and the minimum size is 4.

## Partners:

ARCH Guelph
Canadian Mental Health Association WWD
City of Guelph
Community Network of Specialized Care
Community Resource Centre of North and Centre Wellington
County of Wellington
Drop In Centre
Dunara Homes for Recovery
Family and Children's Services of Guelph and Wellington County
Family Counselling and Support Services
Guelph CHC
Guelph General Hospital
Guelph Family Health Team
Guelph Neighbourhood Support Coalition
Guelph Pharmacy Association
Guelph Police Services
Guelph and Wellington Task Force for the Elimination of Poverty
Guelph Wellington Women in Crisis
Homewood Health Centre
Mount Forest Family Health Team
Ontario Probation and Parole
Parent Action on Drugs (PAD)
Portage Ontario
Royal City Church
Safe Communities Wellington
Sanguen Health Centre
Stonehenge Therapeutic Community
T.A. Patterson Associates
Toward Common Ground
University of Guelph
Upper Grand District School Board
Waterloo Region Crime Prevention Council
Waterloo Wellington John Howard Society
Waterloo Wellington Local Health Integration Network (WWLHIN)
Wellington County OPP
Wellington Catholic District School Board
Wellington Dufferin Guelph Public Health Unit
Wellington and Guelph Housing Services
Wyndham House
YM/YWCA of Guelph