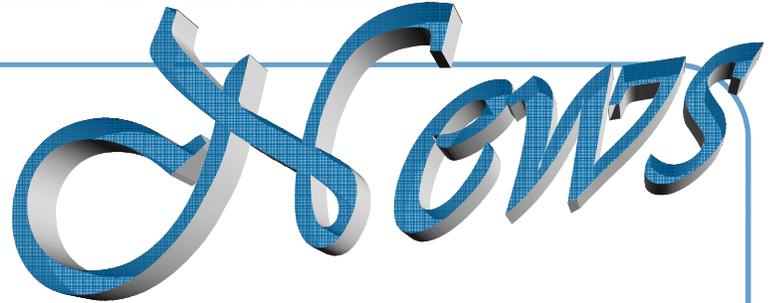




WGDS

Working Collaboratively
towards a life free from
the impact of substance
use for all residents in
the City of Guelph and
the County of
Wellington.

WELLINGTON GUELPH DRUG STRATEGY



Summer, 2012

Message from the Chair

I am always astonished at how little time seems to pass between the Drug Strategy Newsletters but the accomplishments of the group continue to get bigger and bigger. Bravo to all the working committee participants, drug strategy committee members, management group representatives and of course, Raechelle, Manager of the Wellington Guelph Drug Strategy.

The representation of those with lived experience, the creativity, and the scope of partnerships at the annual Harm Reduction Forum in May was remarkable. The impact of the Youth Voices video will live on well beyond the event and the partnerships struck provide us the opportunity to continue to support to vulnerable youth in our communities. There is no doubt as to why Strengthening Families in Guelph Wellington caught the attention of the Canadian Centre on Substance Abuse. The partnerships mobilized through the Drug Strategy to run this program, including those with business and academia, continue to create capacity in service provision for families. Congratulations to the many families who participated in the programs across the County and City to enrich their family lives. The OxyContin crisis in Ontario provided the opportunity to expand our partnership with the Waterloo Region Crime Prevention Council. Through two community engagement events, an excellent report was created, laying the foundation for future change and enhancement of addiction services in regard to Oxy addiction. When most activities slow for the summer, it is important to acknowledge that the Changing Futures work-group continues full steam ahead completing the planning for the October event - Changing Futures: Building a Community Plan for Mental Health Promotion and Substance Misuse Prevention. Work toward the launch of the first Drug Treatment Court in Guelph Wellington also continues through the summer with a September target for implementation.

Fine Work! Well Done!

Heather Kerr,
Chair, Wellington Guelph Drug Strategy Committee
Executive Director, Stonehenge Therapeutic Community
Currently Acting as Integration Lead - Addictions

The Wellington Guelph Drug Strategy is a coalition of 30 partner agencies and members of the lived experience community, who are working to implement a **4-Pillars Drug Strategy** in the municipalities of Wellington County and the City of Guelph.

The 4-Pillars include;

- **Prevention,**
- **Treatment,**
- **Enforcement and**
- **Harm Reduction.**

The 4-Pillars strategy recognizes that no one sector can effectively respond to substance misuse in isolation. Our cross-sectoral partnerships acknowledge the integral role that each pillar plays, and in many instances, weave the pillars together in our strategies and responses. In doing so, we have made many successful strides towards our goal of reducing the impacts of substance misuse in our communities.

Drug Treatment Court

Since early 2011, the Wellington Guelph Drug Strategy and Guelph Police Services have been leading discussions regarding the potential for a local drug treatment court (DTC) in our community. This work has included visits to neighbouring DTCs in London and Kitchener, initiating and exploring extensive research on best practices and model development, as well as initiating dialogues with the Provincial and Federal Crown Attorney's Offices, the Honourable Justice Douglas, and local treatment and service providers.

We are very excited to share that in late June 2012, Justice Douglas fully supported the initiation of a Drug Treatment Court pilot program to serve Guelph and Wellington residents, targeted to commence in the fall of 2012. While our preliminary model will be small in scale, we hope to utilize the research-based learnings that we have gathered to develop and deliver an impactful and meaningful program to support those with who are involved with the criminal justice system as a result of a drug addiction.

Strengthening Families in Guelph Wellington



Over the course of spring 2012, the Wellington Guelph Drug Strategy has supported the implementation of two Strengthening Families Programs: Strengthening Families for Parents and Youth at John Boscoe School in Guelph, and Strengthening Families for the Future in Fergus. Funding for the County program was provided by the Wellington County OPP Police Services Board, who in 2011 contributed \$30 000 to support prevention programming for County residents. This funding also supported the delivery of a Families & Schools Together Program at Mount Forest's Victory Cross School, which took place in January 2012, delivered by Family Counselling and Support Services. Guelph programming was generously supported by contributions from the Trellis Mental Health and Developmental Services, Family and Children's Services of Guelph and Wellington County, Win Mar Restorations, Wellington Catholic District School Board and Wellington Dufferin Guelph Public Health, as well as funds raised from the Wellington

Guelph Drug Strategy's participation in the 2011 Guelph CHC's Downtown 5 K Run.

Since January, 21 families have successfully graduated from these well-researched programs, including 14 families in the County and 7 in the City of Guelph.

The Strengthening Families programs are facilitated by a multi-disciplinary team of facilitators comprised of staff from our many partner organizations. This "team" approach allows for an array of expertise to be integrated into the program's delivery, and also allows participating families to be introduced to a variety of community organizations. During the programs, facilitators have often been able to connect families with their host organizations, linking them to the additional support they require when they need it.

In keeping with evidence-based programming, efforts to streamline and improve programming are continually underway. Integrating feedback from the facilitators, additional group





facilitation training was provided in the spring of 2012. Efforts were also made to improve promotional material, to enhance pre-assessment efforts with families and to provide information sessions to increase the family's knowledge about the groups before they start. These improvements, in addition to the continued dedication of our excellent partners, and the strong leadership demonstrated by Wellington Guelph Drug Strategy MSW Intern Amy Larson,

are believed to have contributed to remarkable retention rates. Of this spring's eight families that registered for the Guelph program, seven completed the group - a 90% retention rate. Of the eight families that began the Fergus program, all eight completed the group - a 100% retention rate! Sincere thanks to all those who continue to work to make this program a success in our community.



Strengthening Families Partner Organizations: Spring 2012

County of Wellington Social Services • Guelph Wellington Women in Crisis • Family and Children's Services

- Wellington Catholic District School Board • Win Mar Restorations • Guelph CHC, Ontario Early Years Centre Child Care Program

Facilitators • Wellington Dufferin Guelph Public Health

- Rural Women's Support Program, Guelph Wellington Women in Crisis • Upper Grand Family Health Team • Fergus Community Resource Centre, Ontario Early Years Child Care Program

Facilitators • Boston Pizza • HomeStyle Catering

Canadian Centre on Substance Abuse: A Review of our Prevention Efforts

On July 17, 2012, we welcomed Canadian Centre on Substance Abuse Knowledge Broker Michael Stephens to our community, where he met together with several individuals who have played a role in the implementation of the Strengthening Families Programs in Guelph Wellington. Participants included Wellington Guelph Drug Strategy Steering Committee members, Drug Strategy Management Group representatives, as well as program coordinators and facilitators. CCSA's National Standards and

Guidelines for Family and Community-Based Prevention have been used to varying degrees as a guide for our efforts to sustain evidence-based prevention. Throughout our session together, Michael worked with us to examine to what degree we have integrated the standards, helping our group to identify areas of success and where there was room for growth and improvement. As this process is further documented, we will have an opportunity to obtain feedback from an expert national panel who will further inform our

work. Additionally, our progress will be showcased by CCSA as one of seven profiled communities from across the County, as they work to promote the implementation of the Standards on a national level. Having been recognized for our strategic and intentional planning, implementation and evaluation is certainly something to celebrate!



Canadian Centre on Substance Abuse
Centre canadien de lutte contre l'alcoolisme et les toxicomanies

OxyContin to OxyNeo

Since its introduction in 1996, OxyContin, manufactured by Purdue Pharma, has had many benefits in managing pain, as well as many fiscal, health and social costs. On February 17, 2012 the Ontario Ministry of Health and Long Term Care announced that OxyContin would no longer be covered under the drug benefit plan, and that new prescriptions would cease as Purdue Pharma introduced a replacement called OxyNeo. The new formulation is reputed to be more difficult to snort or inject.

With the change in OxyContin policy, many people locally and around the Province were concerned about mitigating the negative impacts. In response to these concerns, Wellington Guelph Drug Strategy and the Waterloo Region Crime Prevention Council moved quickly to determine what impacts, if any, local service providers anticipated as a result of Ministry decision. These efforts have taken place in the form of a local survey, as well as through two community forums, occurring in March and June respectively. The goal of these efforts was to capture what is taking place in our communities, as well as the community's recommendations to mitigate local health and social impacts.

Key issues that were highlighted included concerns that individuals would switch to

more risky substances, resulting in increased risk of overdose, as well as increased risk of transmission of Hep C and HIV; concern regarding the lack of information available for service providers and those at risk of withdrawal symptoms and the lack of transitional, intensive community addictions treatment following withdrawal management discharge. Examples of mitigating

strategies/ recommendations included that the Ministry rapidly establish the mechanisms to allow for the immediate low-threshold distribution of Naloxone (Narcan) and associated training; that there be an increase in the availability of overdose prevention training for all impacted service providers, people at risk of overdose and persons who may be in a position to administer life-saving overdose techniques to an overdose victim; that mobile withdrawal management and medical services be implemented across the Waterloo Wellington LHIN

area; and that strategies be developed to address waiting gap between withdrawal management and treatment services.

The reports generated from these effort have been widely distributed both locally and across the province.



On February 17, 2012 the Ontario Ministry of Health and Long Term Care announced that OxyContin would no longer be covered and that the replacement by Purdue Pharma, OxyNeo would take it's place.



Changing Futures: Building a Community Plan for Mental Health Promotion and Substance Use Preventions

Changing Futures: Building A Community Plan for Youth Substance Misuse Prevention and Mental Health Promotion is a project that endeavours to engage the community in developing a coordinated, measureable community plan for substance use prevention and mental health promotion in Wellington County, the City of Guelph and in Dufferin County. This strategy acknowledges that prevention efforts can occur in isolated and often fragmented ways, and calls for a more cohesive and collaborative approach.

Together with our partners and stakeholders, we are working to develop a fall 2012 Prevention Summit, which will take place on October 18, 2012. Presentations will focus on evidence-based approaches to drug prevention and mental health promotion efforts across the age continuum . The knowledge presented at the Summit will go on to form the foundation for the facilitated development of a community plan to guide substance use prevention and mental health promotion activities in our communities.

We have received several abstract submissions from experts in the field with an interest in sharing their research and expertise at the fall Summit, with planners now working on continued stakeholder engagement and fine-tuning the logistical details.

We look forward to seeing you there!

Vision for the Summit

The development of an evidence-based, coordinated, feasible and measurable community plan for youth substance misuse prevention and mental health promotion to guide interventions. All stakeholders and community partners will understand their role and take evidence-based action optimizing effective use of scarce resources.

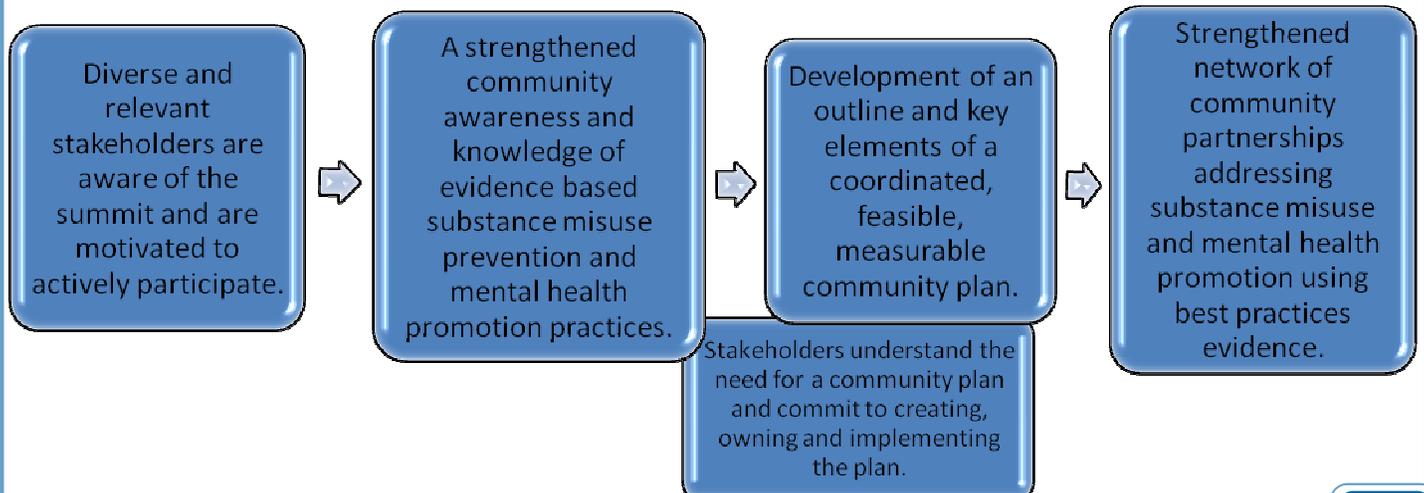
Goals for the Summit

Pre- Summit

Day 1

Day 2

Post-Summit



Youth Voices Video

In planning for the 2012 Youth Harm Reduction Forum, the film Youth Voices was created. The purpose of the video is to profile the perspectives of young people from our community, who offer advice on how to treat, communicate and serve them more meaningfully. It is the sincere hope of the youth who courageously share their thoughts in the film that individuals and organizations will not only listen to their feedback, but will use it as a catalyst to create more meaningful, compassionate, accessible youth services for those who need them.

Youth Voices was directed and produced by Thoreau Bakker of Katana Vision Video, in partnership with ED Video Media Arts Centre.

The video can be found on at <http://www.youtube.com/watch?v=HTN9LtrpzHo>

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Harm Reduction Forum 2012

This year's annual Harm Reduction Forum, which took place on May 16, 2012, was a great success, with over 130 community members and service providers in attendance. Highlights from the day include a keynote speech from Kyla Zanardi, co-founder of the Harm Reduction Network 'Youthrise', messages from our community leaders, the Youth Voices film, a Youth Panel Presentation and informative breakout



Dave listening as the Guelph Chief of Police addresses the Forum



The Harm Reduction Forum Planning Group

sessions. The breakout sessions explored topics that included Harm Reduction and Legal Rights, Serving Vulnerable Youth in a Meaningful Way and Harm Reduction and Health.

The Forum was a true testament to what can be accomplished through community collaboration and partnership.

Thank you to all who contributed and participated!



The **Research Shop**

We continue to work closely with the University of Guelph's Research Shop on a number of projects. For our 3rd Annual Harm Reduction Forum, a review of (mis)perceptions, best practices and research of harm reduction services for youth was completed, with key findings disseminated at the Forum and through the Research Shop website (www.theresearchshop.ca/resources). Additionally, several research projects to look at the degree to which distance and transportation impact the accessibility of withdrawal management services for Guelph Wellington residents. A report of the perspectives of service providers is just being completed, and will be followed by research to better understand the experiences of service users. Finally, a review of policies related to harm reduction approaches are underway.

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