

Guelph/Wellington Community Opioid Strategy Update

AUGUST 2017- AUGUST 2018

PRIORITIES

In May 2017, the WGDS invited key community stakeholders to identify the most pressing local concerns, needs and priorities regarding the opioid crisis. Three priority areas were selected through this process (see Appendix A):



- A** Collecting data in relation to opioid use at a local level
- B** Supporting and educating prescribers to build their knowledge, skills and capacity regarding addiction medicine, especially in relation to Opioid Use Disorder (OUD).
- C** Ensuring best-practice services are available locally for clients with OUD.

PRIORITY A: COLLECTING LOCAL DATA



OBJECTIVE:

Ensure local data is available to inform key decision-makers and system planners

In the last 12 months, supported by Wellington Dufferin Guelph Public Health Unit expertise and resources, and through collaboration with WGDS partner organizations, 4 new data initiatives have been initiated:

Overdose Information System (ODIS)

Summer/Fall 2017

Safe Consumption Practices Needs Assessment

Spring/Summer 2017

**Community On-line Survey:
Overdoses or Serious Negative Substance Use Reactions**

Summer 2018

Opioid Facts and Resources Infographic

Summer 2018

AS A RESULT, OUR COMMUNITY CAN NOW:

- Track “real time” trending regarding opioid overdoses occurring in the community
- Monitor opioid prescribing rates for all major opioids within the 8 municipalities in Wellington County
- Accurately compare these local rates to regional, provincial and national rates
- Inform service planning decisions for local residents who use illicit substances with information directly obtained from this population
- Track the use of local harm reduction services, police fentanyl seizures, and opioid-related hospitalization rates – all of which increased from 2017 to 2018

PRIORITY B: CAPACITY BUILDING WITH LOCAL PRESCRIBERS, ESPECIALLY IN RELATION TO OPIOID USE DISORDER (OUD)



OBJECTIVES:

1. Educate and increase awareness within local acute and primary care settings regarding Substance Use Disorders (SUDs), and Opioid Use Disorder
2. Provide opportunities for capacity and skill building in regards to treating SUDs and OUD

Between November 2017 and June 2018, led by the WGDS Practice Change Working Group, the WGDS hosted 7 educational events for prescribers, designed to meet the goals of increasing knowledge, skills and capacity in addiction medicine.

- Recognizing Opioid Misuse in Your Practices: Treatment Options - Dr. Meaghan Grigg
- Acute Care Responses for Patients Who Use Methamphetamine - Dr. Alex Cauderella, St. Michael's Hospital Addiction Services Team
- Suboxone Training - held at Mount Forest FHT
- Optimal Management of Inpatients with Substance Use Disorders - CME at GGH (hosted by Dr. Marcel Dore and Craig Robinson)
- The Endogenous Cannabinoid System - Dr. Michael Beasley (hosted by the Wellington Pharmacist's Association)
- Safe Opioid Prescribing for Acute Care and Chronic Pain - Dr. Sol Stern
- Pregnancy, Breastfeeding and Substance Use - Dr. Lisa Graves

AS A RESULT:

- Over 200 prescribers, health and social service professionals received continuing education in substance use disorders, opioid use disorder, and best practice information regarding treatment, all taught by Addiction Medicine Specialists
- The number of local pharmacies in Guelph carrying Suboxone (currently the most efficacious Opioid Substitution Therapy available) increased from two in 2016 to over 20 in 2018
- “Lessons learned” by offering these educational sessions were shared with all local Family Health Teams and primary care provider clinics to encourage them to develop strategic and systemic processes to address SUDs and OUD

PRIORITY C: COMMUNITY ADVOCACY AND PROGRAM DEVELOPMENT



OBJECTIVES:

1. Ensure that specialized Addiction Medicine Services are available to meet the needs of local residents
2. Distribute information about Guelph/Wellington harm reduction and treatment/recovery services through the community

- In September of 2017, the WDGS Opioid Program Design Working Group was formed with 21 members representing the four pillars of the WGDS. Organizational roles within this group which range from volunteers and peers to executive directors.
- The mandate of this group is to ensure best-practice services are locally available for clients with OUD.
- To meet this mandate, this group has offered naloxone training to as broad a range of community partners as possible.
- In addition, this group has played a strategic advocacy role, supporting local organizations in opening an Overdose Prevention Site in May, 2018, speaking to the need to develop a local overdose alert process, and championing the role of harm reduction services as part of an integrated community opioid strategy.



NALOXONE is a non-prescription drug which temporarily reverses an opioid overdose. It can be successfully administered by anyone who has received training, whether or not they have medical expertise or experience

AS A RESULT:

- Naloxone education and training has been provided to over 80 organizations and individuals within Guelph and Wellington County
- WGDS partner organizations have been challenged to determine whether or not their organizational health and safety policies need to include overdose and naloxone
- A partnership with the Guelph Downtown Business Improvement Association led to business owners from downtown Guelph participating in opioid education and naloxone training sessions
- A partnership between the WGDS, Safe Communities North Wellington and North for Youth will offer an opioid and naloxone training in North Wellington in October 2018

HIGHLIGHTS

A FEW OF OUR ACHIEVEMENTS OVER THE LAST YEAR:



7 educational events



Pharmacies in Guelph carrying Suboxone:
2016- 2
2018- 20+



200+ prescribers, health & social service professionals received continuing education taught by Addiction Medicine Specialists



21 members of the WDGS Opioid Program Design Working Groups- including volunteers, peers and executive directors



4 new data initiatives



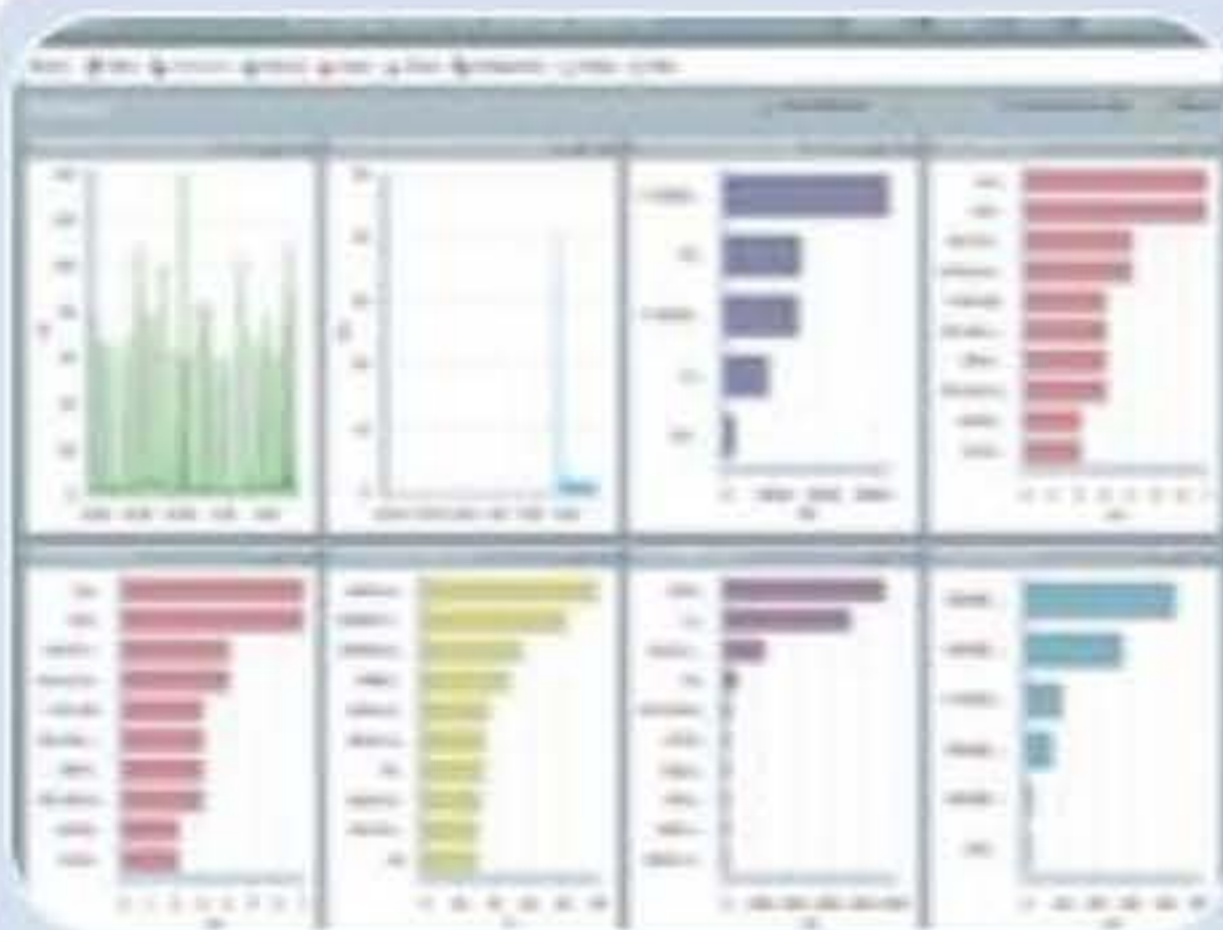
80+ organizations and individuals across Guelph -Wellington provided with Naloxone education and training

APPENDIX A

Community Opioid Strategy, August 2017

Wellington Guelph Drug Strategy

Create a Local Opioid-
Data Dashboard



Lead by Wellington Dufferin Guelph Public Health Unit, data relating to local opioid use is being collected.

Public Health staff are meeting with a wide spectrum of community stakeholders to review current data collection processes, and support improvements.

The goal is to develop a comprehensive community data dashboard which collects useful and timely data regarding opioid use to inform local decision-making processes.

Support Practice
Change re. Managing
Pain/Addiction



Led by the WGDS Practice Change Working Group, a community-wide process to support prescribers to meet patient needs for addiction and pain management while simultaneously meeting Ministry of Health Guidelines to reduce opioid prescriptions to a maximum of 90 mgs of morphine equivalent daily is being developed.

Opioid prescribers from all health fields, and their patients, will be included in developing this process.

Program
Development/Design
to Meet Clients'



Led by the WGDS Program Development/Design Working Group, stakeholders from a variety of areas, including opioid consumers, will review information about local services, and best practice literature, to determine service development opportunities regarding opioid programming.

Looking across a spectrum of services from prevention, to harm reduction to intervention, stakeholders will be asked to prioritize local needs. Based on the results of this process, a workplan will be initiated to meet the identified service gap(s).

APPENDIX B

OPIOID FACTS & RESOURCES

Guelph-Wellington

Summer
2018

Local Data Shows The Problem

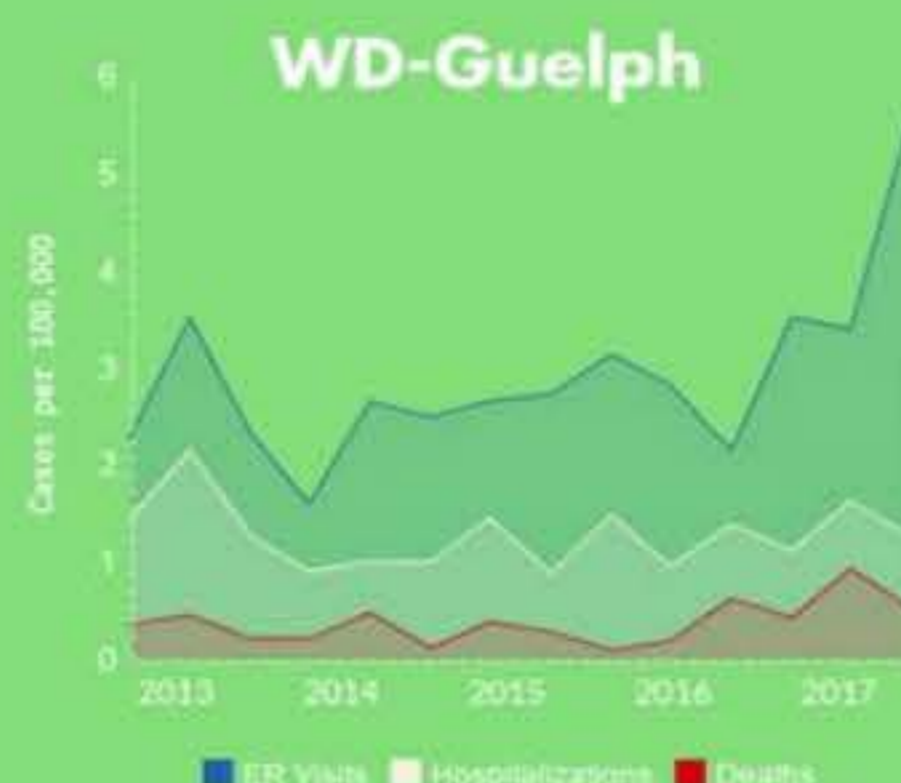
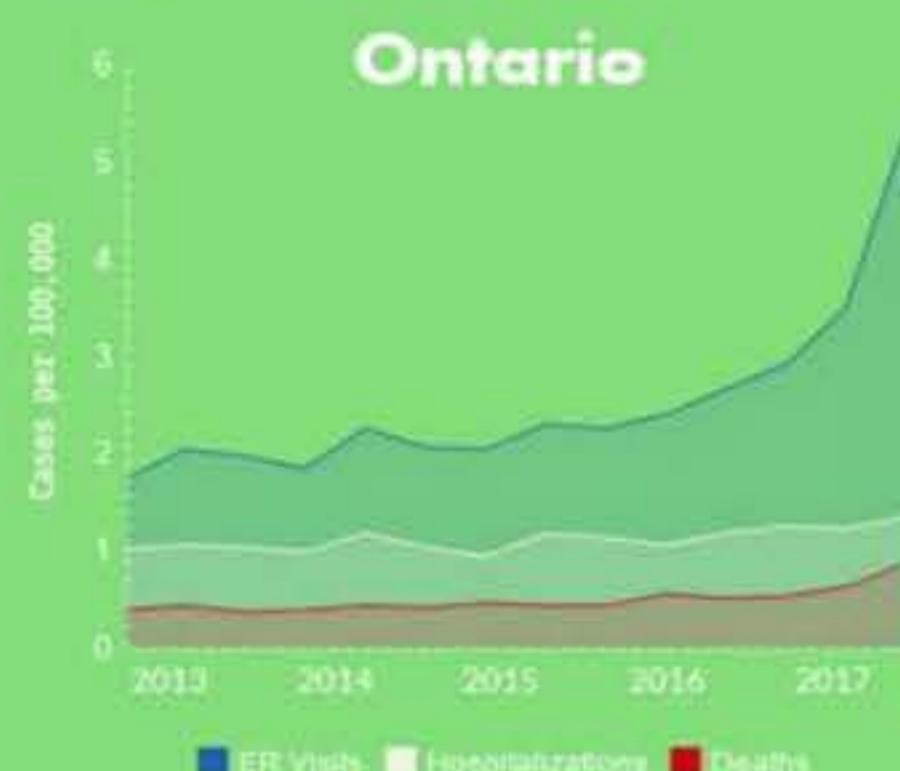
Emergency Department visits from opioids is 60% higher in 15-24 year olds in WD-Guelph than in all of Ontario



Fentanyl seized by Guelph Police more-than tripled in 2017 from 2016. By July 2018 over 50% more fentanyl was seized than in 2017



Emergency Department visits, Hospitalizations & Deaths from opioids (2013-2017)



Local Initiatives Address the Problem

Naloxone kits given out to prevent overdose deaths in 2018* so far: 1200+. This is over a 600% increase from 2016



23 Guelph Pharmacies are distributing naloxone kits: this is over half of all Guelph pharmacies



New syringes given out to stop the spread of diseases in 2018* so far: 143,000. This is a 22% increase from 2017



Overdose Prevention Site visits in the first two months of operation: 430 with 100 unique individuals



*2018 data: Jan to July

Available Services to Assist Local Residents



Overdose Prevention Site

The OPS is open every day 10AM to 4:30PM and provides space for supervised consumption. The OPS promotes a healthier community by reducing crime, and the risks of harm and disease
Contact: 519-821-6638 ex.394



Community Withdrawal Support Services

Provides support in the client's home regarding withdrawal needs assessments, counselling through withdrawal and coaching/support for client's caregivers
Contact: 519-837-6892



Community Health Van

The Van provides barrier-free services to people in their own communities. The Van offers nursing services, naloxone kits and training, food and hygiene items, and harm reduction supplies
Contact: 226-971-3957



Stay Sharp Needle Exchange

Stay Sharp is a free program supplying harm reduction materials, new syringes, safe needle disposals, information and referrals to reduce the spread of HIV and Hepatitis
Contact: 519-240-4098



Rapid Access Addiction Clinic

Team of addiction medical doctors, counsellors and lived experience peers providing medical services to help with addiction, withdrawal and substance use
Contact: 1-844-722-2977



Community Addiction Services

Treatment, counselling (individual, group or family) and referrals to community resources for those struggling with addiction (alcohol, drugs gambling, etc.)
Contact: 519-836-5733