

Mental Health and Substance Use

April 8, 2021

Today's Presentations –

- 9:30 Mental Health and Substance Use
Harpreet Grewal, Ottawa Public Health
Mark Barnes, Pharmacist and Owner, Respect Rx Pharmacies
- 11:00 Accessibility Measures of Protected Intersections and Raised Cycle Paths
City of Ottawa, Standards and Transportation Planning



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Mental Health and Substance Use Presentation

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Mental Health & Substance Use

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Supervisor Substance
Use Team
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**Mark Barnes
Pharmacist and Owner,
Respect Rx Pharmacies**

March 2021

Land Acknowledgement

Ottawa is built on unceded Algonquin Anishinaabe territory.

The people of the Algonquin Anishinaabe Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this place.

We honour the people and land of the Algonquin Anishinaabe Nation.

Agenda

- What is mental health
 - Protective Factors
- What is the spectrum of substance use
 - How to ID an OD
 - Naloxone
- Preventing Stigma & Person First Language
 - Language Examples
- Community Resources

Mental Health Continuum



Status of Mental Health in Ottawa During COVID-19

- ▶ People are experiencing increased mental health challenges due to the pandemic
- ▶ In both June and October **40%** of people reported their mental health as ‘fair or poor’, compared to **9%** pre-pandemic
- ▶ Ottawa residents have reported that their positive coping strategies are being challenged
- ▶ One-quarter (25%) of Ottawa residents said there was a time in the past two weeks when they wanted to talk to someone about something on their mind, including their emotional or mental health, but did not know where to turn

Sub-groups within our community are reporting even more difficulty

- ▶ Visible minority or racialized community members
- ▶ People living with a disability
- ▶ Women
- ▶ People that are new to Canada
- ▶ People with a household income under \$60,000
- ▶ People under 45 years of age
- ▶ Parents
 - ▶ Although from the June to October report, the reopening of schools had a slight positive impact on the mental well-being of parents

Factors that Impact Mental Health

- ▶ Resilience
- ▶ Family relationships
- ▶ Social connectedness
- ▶ Health equity and stigma



COVID-19 and Mental Health

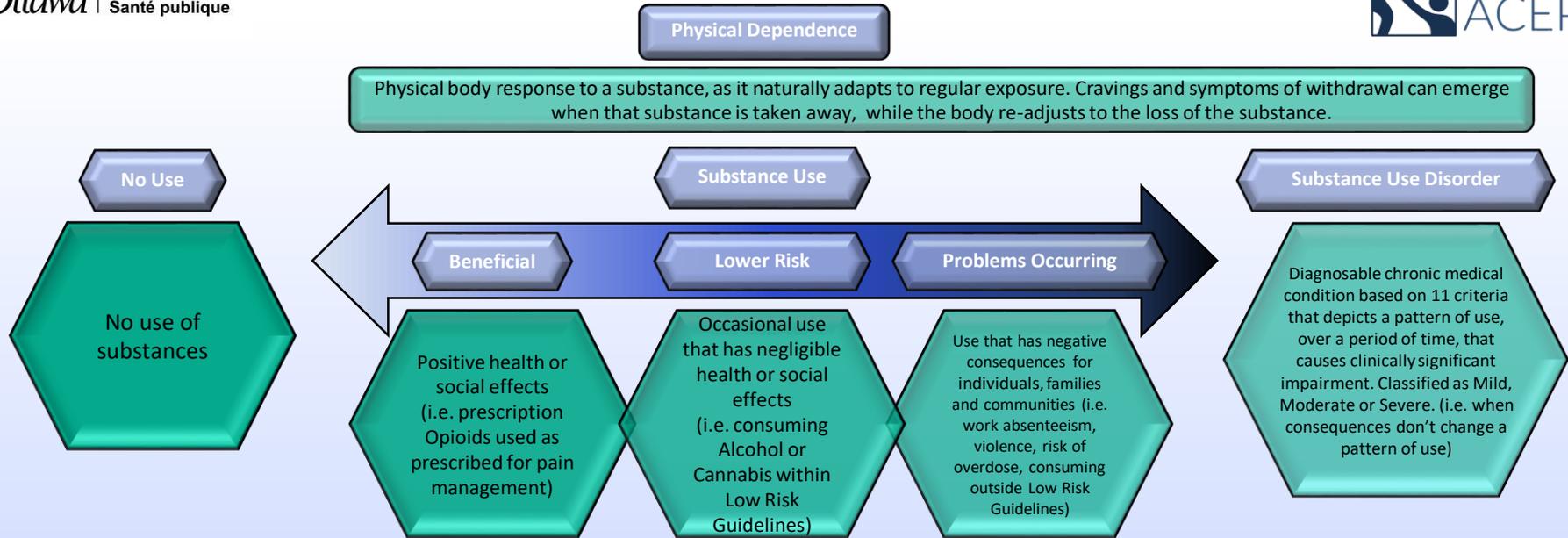
- ▶ Focus on things that helped you cope with stress in the past
- ▶ Limit the time you spend listening to the news
- ▶ Keep busy with things you enjoy
- ▶ Avoid using alcohol and other drugs to cope
- ▶ Practice mindfulness and meditation
- ▶ Stay connected with people you care about by phone or internet
- ▶ Connect with your spiritual community
- ▶ Maintain a routine
- ▶ Seek out support if you need it

Protecting Your Mental Health

- ▶ Staying safe while staying social!
- ▶ How can we practice being resilient?
- ▶ How to help your children cope?
- ▶ What can you do to stay connected during self-isolation?
- ▶ What you can do as an older adult?
- ▶ What can you do as an essential worker?
- ▶ What can you do when working from home?
- ▶ What if you lose your job?



The Spectrum of Substance Use & Health



Increased wellness and recovery is possible throughout the spectrum...



What is Addiction?

Complex medical condition that involves changes to brain circuitry resulting in altered functioning of a person's reward, motivation, stress, and executive function systems. Previously used to describe Moderate or Severe Substance Use Disorder. Addiction can also be developed to behaviors (i.e. gambling). Anyone can develop an addiction. Characterized by the 4 "C"s:

- use becomes **Compulsive**
- continues despite harmful **Consequences**
- is accompanied by **Cravings**
- and a sense of loss of **Control**

Current Opioids in Ontario's Communities?

- Pain killers mainly or used for sedation during surgery
 - Hydromorphone - Dilaudid aka Dillys
 - Morphine
 - Codeine
 - Oxycontin
 - Lean
- Most famous street opioid is HEROIN!
 - Called “down or H or H-train” on the street
 - No longer seen that often in Eastern Ontario
- Now all FENTANYL and analogs
 - Used mainly in surgery to put you to sleep
 - Now the street supply is manufactured locally - no longer imported
 - New analogs due to COVID 19

What is an acute opiate overdose?

- Opioids are substances that act on opioid receptors to produce morphine-like effects. Opioids are most often used medically to relieve pain and produce sedation
- Opiate overdoses
 - mu receptors in brain and spinal cord saturated by opioid → depressed breathing → hypoxia → brain death
 - 3-5 mins to death

One naloxone kit distributed in Ontario for every 100 residents, but regional access is uneven



Supply of naloxone when compared to need varies widely throughout the province, suggesting opportunities for further refinement of distribution programs, recognizing regional differences in how people access services.

Researchers looked at supply of naloxone kits through pharmacy- and community-based programs throughout Ontario, comparing local distribution to local rates of opioid-related harm events including hospitalizations and deaths.



DISTRIBUTION OF NALOXONE KITS VARIED TEN-FOLD ACROSS REGIONS

Average:	Lowest:	Highest:
Ontario-wide	York Region	Thunder Bay
1,000 kits per 100,000 residents	270 kits per 100,000 residents	2,499 kits per 100,000 residents

NUMBER OF NALOXONE KITS PER OPIOID-RELATED EVENT (HOSPITALIZATION / DEATH) VARIED WIDELY BY REGION

Average:	Lowest:	Highest:
Ontario-wide	Toronto	Ottawa
9.6 kits for every opioid-related harm event	4.2 kits for every opioid-related harm event	38.1 kits for every opioid-related harm event

Although Ontario overall is meeting the international minimum benchmark for naloxone distribution per harm event, the researchers say these findings suggest that communities should develop strategies to improve naloxone access that meets their specific challenges and resources, such as prioritizing distribution through public health units in rural areas with less access to pharmacies.

Tadrous M et al. *Naloxone Distribution Across Ontario*. ODPRN Report (2019)

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ices.on.ca

St. Michael's
Inspired Care. Inspiring Science.

ODPRN

Who is at Risk for Opioid Poisoning?

Patients prescribed opioids	Family or friends	Person with Addiction or Substance Use Disorder
<ul style="list-style-type: none">• Patients who use prescription opioids, particularly those receiving doses ≥ 50 MME/day• Concomitant use of benzodiazepines• Respiratory conditions (COPD, sleep apnea)• Non-opioid substance use disorder• Excessive alcohol use• Mental health disorder	<ul style="list-style-type: none">• Given by, stolen, or purchased from friend or relative ($>70\%$ of nonmedical opioid use)²• Children who accidentally ingest opioids in the home• <u>$\frac{1}{4}$ are in the construction industry!</u>	<ul style="list-style-type: none">• Using illegal opioids, other illegal drugs (e.g., stimulants), or not using prescription opioids as prescribed• Receiving treatment for opioid use disorder• Recently released from incarceration or other controlled settings where tolerance to opioids has been lost

Risk Factors for Opioid Overdose, a Street Perspective

Patient factors

- Loss of tolerance / no tolerance (cocaine vs fentanyl)
- Other medical problems-asthma, depression
- Previous overdose - any substance
- Using alone

Drug factors

- Potency - drug are stronger than ever
- Contaminants - can't trust the drug dealer
- Routes of administration - vaping, injecting, chem sex
- Polysubstance use - drinking with drugs



What are the signs?

Physical signs	Vital signs
↓ level of consciousness	↓ respiratory rate
<u>Pinpoint pupils - “Pinnies”</u>	↓ heart rate
<u>Deep snorting or gurgling sounds</u>	↓ blood pressure
<u>Blue lips or fingernails</u>	↓ O2 saturation
Limp body	
Vomiting / foaming	
<u>Shaking - neurological response</u> <u>-“Funky chicken”</u>	

What is Naloxone?

- Brand name is Narcan (Narcan Kit)
Nasal Spray
One spray per dose - already primed and ready to use
- Opiate antagonist
Does not clear the drug, it temporarily replaces the drug at the receptor site
- Reverses the effects of opiate overdose
- 4mg nasal spray (2mg absorbed into the body)
- Takes ~2-4 minutes to work



What are the Effects of Naloxone?

- Duration of effect - “they” say 1 hour but really 20-40 minutes
 - Strong opioids last longer so clients may slip back into OD
 - Call 911-Always go to hospital
- Is it Safe? **YES**
 - Will have NO effect on someone who has not taken opiate drugs
 - Only contraindicated in people with allergy to Naloxone
 - Pregnancy is NOT a contraindication

How Can You Help?

1. Assess (shake and shout)
2. You **MUST** Call 911
3. Naloxone
4. Chest compressions
5. Is it working?
 1. No - Naloxone again (3-5 mins later)
 2. Yes - continue chest compressions and wait for EMS

NaloxoneCare.com Training Video



GET TRAINED
GET A KIT
SAVE A
LIFE



NaloxoneCare

NaloxoneCare.com is an online learning portal that allows you to learn about the deadly opioid crisis that is currently affecting all Canadians. It has been developed to train individuals to recognize the signs and symptoms of opioid overdose AND how to properly use the potentially lifesaving medication naloxone. Once you complete the simple training you can have a free* nasal naloxone kit delivered to your door!

If you are in a crisis, call 911

[Order a Naloxone kit](#)

A Canadian Crisis

Ways to Reduce Stigma

- ▶ Think about your own feelings about mental illnesses and substance use
- ▶ Be aware of language - Use 'person first' language
- ▶ Learn more about those experiencing mental illness and substance use disorders
- ▶ Speak positively
- ▶ Think about/discuss what you see in the media
- ▶ Correct myths, rumours and stereotypes

Mental Health and Suicide Prevention Language

STIGMATIZING	RESPECTFUL
Commit/committed suicide	Died by suicide/ death by suicide/ lost their life to suicide
Successful/ unsuccessful suicide	Died by suicide/ survived a suicide attempt
Completed/failed suicide	Fatal suicide attempt / non-fatal suicide attempt
Epidemic, skyrocketing	Risking, increasing
<name> suicidal	<name> is facing suicide/ is thinking of suicide
He's suicidal	he is facing suicide / thinking of suicide / experiencing suicidal thoughts
They're a schizophrenic	they have schizophrenia / are living with schizophrenia
She's bipolar	
The mentally ill	people with mental illness

Substance Use Language

STIGMATIZING	RESPECTFUL
Drug users / Users Recreational drug use / abuse	People who use substances People who occasionally use substances (in some contexts) People with living experience
Addicts, Junkies, Pot Heads, Crack Heads	People with a substance use disorder People with living experience of a substance use disorder
Drug abusers	People struggling with their substance use People with substance use disorders
Injectors	People who inject drugs
Alcoholics, people with alcoholism	People with alcohol use disorder
Former drug addict Referring to a person as being “dirty” or “clean”	People who have used substances People with lived experience
Recovering addicts	People in recovery/long term recovery from substance use disorders
Relapse, Lapse, Slip, used again	Recurrence of substance use Recurrence of substance use disorder symptoms
Facilitating abstinence	Facilitating wellness
Substance/drug abuse Substance/drug misuse Substance/drug habit	Substance use Substance use disorder (in some contexts)

Community Resources

24/7 Crisis Support

▶ **Mental Health Crisis Line**

- ▶ 613-722-6914 (for people 16+ years old)
- ▶ English and French
- ▶ crisisline.ca

▶ **Distress Centre**

- ▶ 613-238-3311
- ▶ English and French
- ▶ dcottawa.on.ca

▶ **Tel-Aide Outaouais**

- ▶ 613-741-6433
- ▶ French
- ▶ telaideoutaouais.ca

24/7 Crisis Support Children, Youth and Young Adults

- ▶ YSB Crisis Line @ 613-260-2360 (for people aged 12-18 years old)
 - ▶ Bilingual
 - ▶ YSB.ca
- ▶ Kids Help Phone @ 1-800-668-6868 or text 686868 (Phone, Text, Live Chat)
 - ▶ Bilingual
 - ▶ Kidshelpphone.ca
- ▶ Good2Talk @ 1-866-925-5454 or text GOOD2TALKON to 686868
 - ▶ Bilingual
 - ▶ Good2talk.ca/Ontario/

Additional Resources (24/7)

▶ Youth Line

- ▶ LGBTTTQQ2SI
- ▶ text and chat services
- ▶ 647-694-4275
- ▶ youthline.ca

▶ First Nations and Inuit Hope for Wellness Helpline

- ▶ 1-855-242-3310 (EN/FR/Other) (all ages)
- ▶ Phone or chat
- ▶ Hopeforwellness.ca

The Walk-in Counselling Clinic

- ▶ No referrals, no fee and no appointments are necessary
- ▶ For everyone
- ▶ Currently offering telephone or video counselling
- ▶ Services in French, English, Mandarin, Cantonese, Spanish, Arabic and to the LGBTQ2S+ community
- ▶ 613-755-2277



The Walk-In
Counselling Clinic
La clinique de counseling
sans rendez-vous

Counselling Connect



Counsellingconnect.org

Youth Services Bureau (YSB)

- ▶ Serves youth aged 12 and older as well as their families
- ▶ Services include:
 - ▶ Youth Engagement
 - ▶ Mental Health Services
 - ▶ Community & Housing Services
 - ▶ Employment Services
 - ▶ Youth Justice Services
- ▶ 20 locations across Ottawa
- ▶ Includes Walk-in counselling services that are currently being offered online and by phone
- ▶ 613-562-3004 (mental health services)
- ▶ www.ysb.ca/services/



Access MHA

- ▶ One point of access
- ▶ Makes it easier to find mental health and/or substance use support, services, and care
- ▶ Paired with a trained mental health and addiction professional who connects to the appropriate services



Rideauwood Addiction and Family Services

- ▶ Focus on substance use, behavioural addictions and mental health
- ▶ For youth and young adults, adults, and parents and families
- ▶ Rideauwood.org
- ▶ 613-724-4881



Le CAP (Centre d'Appui et de Prévention)

- ▶ Mental Health and addictions services for Francophone individuals and families in Ontario
- ▶ **Crisis support 1-877-377-7775**
- ▶ Counselling, family counselling, support groups
- ▶ www.centrelecap.ca
- ▶ 613-789-2240



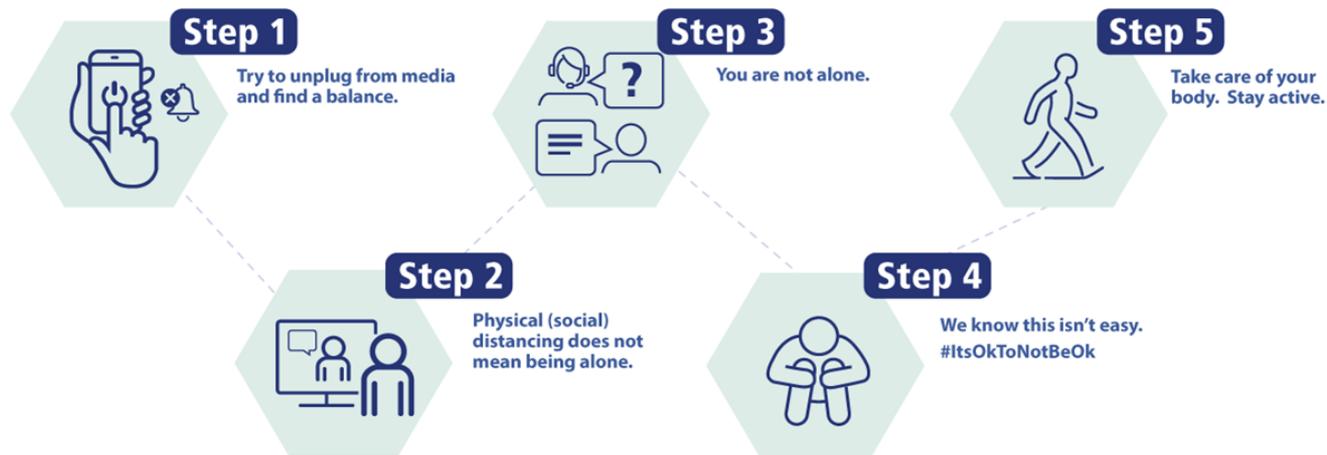
The Royal Prompt Clinic

- ▶ Outpatient mental health clinic to provide specialized mental health services for adults with moderate illness
- ▶ Offers quick access to consultation and brief treatment by a multidisciplinary team, including collaborators from The Ottawa Hospital
- ▶ Services are provided virtually using secure video calls (or by phone)
- ▶ Primary care practitioners can refer patients who have moderate mental health symptoms that have not responded adequately to treatment at the primary care level
- ▶ 18 years +

Ottawa Public Health

► OttawaPublicHealth.ca/COVIDMentalHealth

Take Care of Your Mental Health, too!



Additional OPH Resources

- ▶ Employer's Guide
- ▶ Multilingual Mental Health Resources
- ▶ Mental Health of Ottawa's Black Community Research Study

Group Based Training with



- <https://naloxonecare.com/group-training/>
- Free virtual or in-person training seminars and kit distribution
- MOH naloxone champion
- Naloxone policy development

Recovery Care

Your Path. Our Support.

- **Treatment of Opioid Use Disorder (OUD)**
 - Including heroin and other morphine derivatives
 - Synthetic pain killers like codeine, oxycodone and fentanyl
 - Cocaine (non opioid)
- **Treatment of Alcohol Use Disorder (AUD)**
- **Treatment/Cure of Hepatitis C**
- **Treatment for Testosterone Deficiency**
- **Screening for:**
 - Hepatitis A, B, (including vaccinations)
 - Blood borne STDs (Syphilis)
 - HIV



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Next Event

Today at 11:00

- Accessibility Measures of Protected Intersections and Raised Cycle Paths
City of Ottawa, Standards and Transportation Planning

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