

# A COMMUNITY PARTNERSHIP

Towards More Comprehensive  
Addiction Treatment in Primary Care

# PRESENTATION OUTLINE

- Rationale for Addiction Partnership
- Video-clip: Community Addiction Counselor
- Group Programs: **Family Support Group**  
**Seniors, Substances & Risk**  
**DrinkWise Group**  
**Opiate Education Group**
- Benefits & Challenges of Partnership

# PRIMARY CARE SERVICES

- HFHT – Serves 250,000 patients
- Urban industrial centre & university/college town with diverse socio-economic needs
- HFHT Staff – 129 Physicians, 22 Psychiatrists, 77 P/T Mental health counselors, 1.7 Addiction counselors
- Nurses, Pharmacists, Registered dietitians
- Many community partnerships

# SUBSTANCE USE DEMOGRAPHICS

- 30% of patients are at-risk drinkers
- 20% of families struggle with addiction issues
- 4-6% of patients have drug dependencies (not including opiates)
- 4,000 Hamiltonians taking methadone

Summary: High prevalence rates but low detection rate & less referrals

# SUBSTANCE USE CHALLENGES

- Patients with mild-moderate SU problems don't connect their SU with their presenting health or mental health issue. Readiness for change issues.
- Staff lack of comfort & familiarity with SU screening & brief motivational approaches
- Stigma (patient & health provider)

# RATIONALE: ADDICTION PARTNERSHIP

- Need for range of addiction services (screening/early intervention, mild to severe dependency)
- More addiction staff to provide service
- Better coordination of services
- Learning exchanges between agencies

# HFHT SUBSTANCE USE PROGRAM



- Centralized addiction consultation service
- Addiction counselors in high needs practices
- Group Programs: (various types of partnership)
  - Family Support Group
  - Substances, Seniors & Risk Seminar
  - DrinkWise Group
  - Opiate Education/Chronic Pain Group



“ *In each family a story is playing itself out, and each family's story embodies its hope and despair...*

Augusta Napier

*If all my friends were to jump off a bridge, I wouldn't follow. I'd be at the bottom to catch them when they fall.*

Anon



## FAMILY SUPPORT GROUP

The Hamilton Family Health Team, in partnership with ADGS is pleased to introduce an educational/support group for adult family and friends of persons experiencing substance abuse/addiction issues.

### WHO IS THIS GROUP FOR?

This group is for adult family members and friends of people experiencing substance misuse or addiction issues who are patients of the Hamilton Family Health Team.

### GROUP FORMAT

The group follows a one-day seminar format providing information and discussion in a supportive environment.

### WHAT WILL THIS GROUP OFFER?

Topics covered will educate participants on the basic aspects of substance use and dependence, recovery and treatment resources, as well as strategies for self care and healthy interpersonal functioning within the family. While participating in the group you will:

- ❖ Identify Issues
- ❖ Learn Coping Techniques
- ❖ Share Experiences
- ❖ Receive Mutual Support

### HOW DO I SIGN UP?

Interested persons may self-refer by contacting the groups line at 905-667-4852 or [groups@HamiltonFHT.ca](mailto:groups@HamiltonFHT.ca)

### I NEED MORE INFORMATION

For more information, or if you are not sure this group is right for you, please call John at (905) 547-0508 Extension 260

**NEXT GROUP:** Friday, September 30/2011  
9:30 am to 4:00 pm  
10 George Street, 3<sup>rd</sup> Floor





# FAMILY SUPPORT GROUP (FSG):

## RATIONALE



- Limited professional supports for families.
- MHC's identify significant family issues related to substance misuse.
- HFHT supports group intervention modality.
- Substance use agency partnership easily developed.
- Group offered in a neutral setting with reduced stigma. A 'health/wellness' approach in primary care.

# CLINICAL MODEL

- Modelled after CAMH's 'Families Care Program' and ADAPT's Family Day.
- Combined CBT, family systems, and support component.
- An educational/treatment focus.
- Co-facilitation with partnered agency.
- Self referrals accepted from Hamilton community.

# CO-LEADERSHIP

- Leader vs. group directed.
- Group leaders 'chose' each other. Leaders have background/training in group facilitation.
- Challenges/difficult behaviours.
- Confidentiality/privacy issues for group members and family members.

# COORDINATED SERVICE

- Intake through self referral or contact with agency administrative or clinical staff. No formal client screening.
- Group facilitators maintain regular contact with each other and with both agency's administrative staff .
- Shared statistics, group evaluation, and one month follow-up research component.

# COORDINATED SERVICE

- Clients requesting clinical follow-up are directed to either agency or a community resource.
- Clients with complex issues are offered opportunity to discuss 1:1 during break.
- Self-help resources suggested (Alanon).

# IMPACT ON PRIMARY CARE SETTING

- Increases awareness/capacity of health care professionals in the field of addictions. Screening question - How are you coping with the person using substances/gambling in your family?
- Increases awareness/capacity of MHC's working with family and substance use/gambling issues.
- Supports the continuum of patient self-management to professional intervention in the area of addictions.

# FSG CONTACT INFORMATION

## Group Leaders/Facilitators:

**John Steriopoulos, HFHT**

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**Andrea Strancaric, City of Hamilton, PHS, Alcohol, Drug & Gambling Services**

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**Tracy Kirby, HFHT**

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**Adrienne Lipp, City of Hamilton, PHS, Alcohol, Drug & Gambling Services**

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# HOW TO CUT DOWN OR QUIT DRINKING



# WHAT IS DRINK|WISE?

HEALTHY OPTIONS FOR DRINKERS

- Brief educational program
- Group or individual formats
- Research-based
- For mild to moderate drinking problem
- Skills taught to control drinking or abstain
- Client chooses goals re: drinking

# PROGRAM FORMAT

- 1 ½ hour assessment
  - Structured interview
  - Brief intervention; motivational
- 5 group sessions
  - 1.5 hours each week (evening)
- Follow-up
  - 3 months: group or phone (client's choice)
  - 9 months: phone
  - Individual booster sessions upon request

# GROUP CONTENT

- Education - alcohol and its effects
- Triggers and patterns
- Cognitive-behavioral strategies
- Mindfulness
- Goal-setting
- Homework assignments and reading
- Relapse management

# REFERRALS

- Primary care professionals
- Self-referrals – poster and pamphlets
  - FHT website
  - newspaper
- Partnered addiction agency



Hamilton Family Health Team  
*Better care, together.*

Is drinking causing problems?

Consider



**DRINK**  **WISE**  
HEALTHY OPTIONS FOR DRINKERS

**LEARN TO DRINK  
IN MODERATION**

- ✓ **IMPROVE YOUR  
HEALTH**
- ✓ **IMPROVE YOUR  
WELLBEING**
- ✓ **IMPROVE YOUR  
LIFE**



Free  
&  
Confidential



Hamilton Family Health Team  
*Better care, together.*

# BENEFITS OF PARTNERSHIP

- Training
- Wider client base
- Advertising in community
- Choice of group or individual format
- Provides wider range of services to clients
- More collaboration between agencies

# CONSIDERATIONS FOR PARTNERSHIPS



- Similar philosophy of addiction & treatment
- Similar treatment styles

# DRINKWISE CONTACT INFORMATION



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905-869-2945



# OTHER HFHT SUBSTANCE USE PROGRAM CONTACTS



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Substance Use Consultant

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