

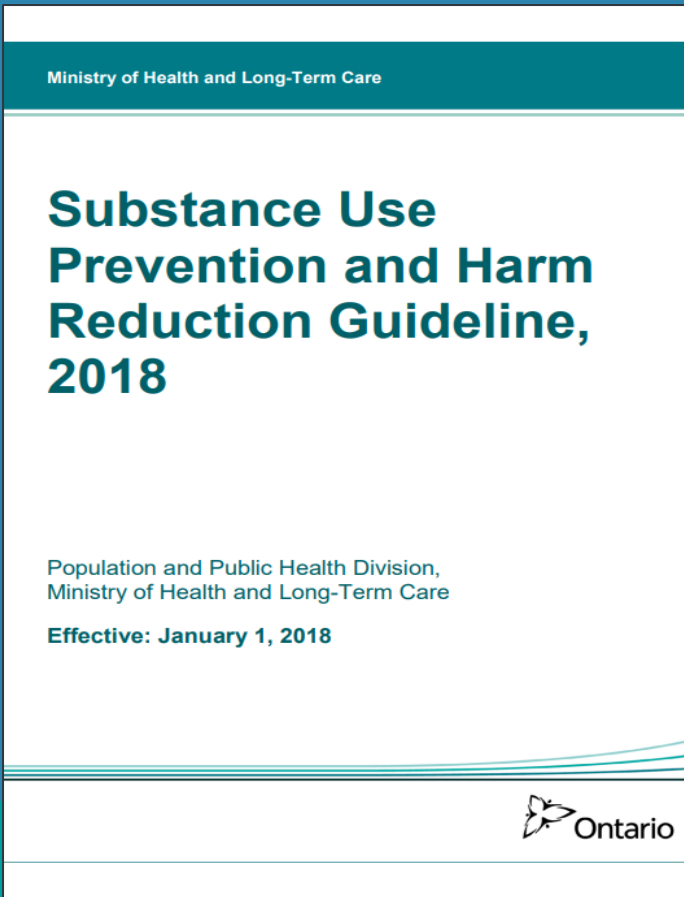
# Presentation to Health & Social Services Committee: Local Mental Health & Addictions Services Updates



Opioid Response Plan: Status Update  
Durham Region Health Department

Together, Best Mental Health: Mental  
Health and Substance Use Services  
Strategy, 2022-2025

Lakeridge Health



# Public Health Mandate: Harm Reduction Program Enhancement

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Develop a local opioid response plan

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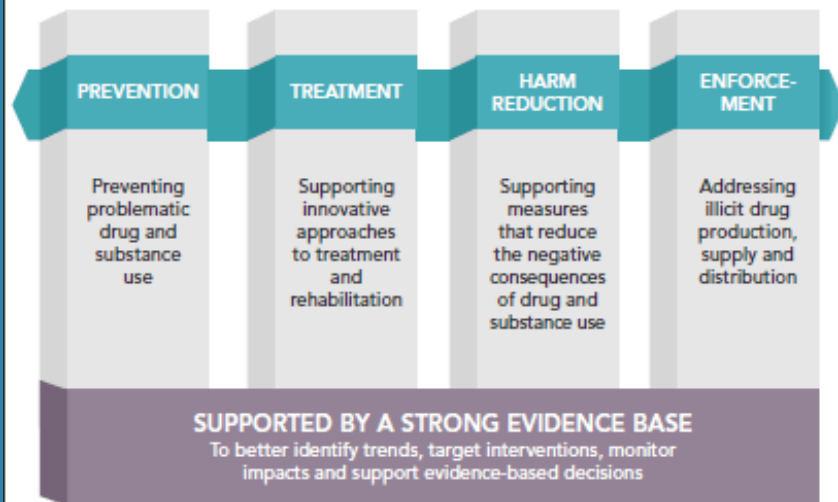
Naloxone distribution and training

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Develop an [opioid overdose early warning and surveillance system](#)

# CANADIAN DRUGS AND SUBSTANCES STRATEGY

A COMPREHENSIVE, COLLABORATIVE, COMPASSIONATE AND EVIDENCE-BASED APPROACH TO DRUG POLICY



## Canadian Drugs and Substances Strategy

Source: [The Canadian Drug Strategy](#)

# The Durham Region Opioid Task Force: Stewards of the Durham Region Opioid Response Plan

AIDS Committee of  
Durham Region

Back Door Mission

Carea Community Health  
Centre

Conseil Scolaire Catholique  
MonAvenir

Durham Region Health  
Department

Durham Catholic District  
School Board

Durham Community  
Physician

Durham District School  
Board

Durham Regional Police  
Service

East Durham Probation and  
Parole Office

First Steps Pharmacy

Indigenous Community  
Member

John Howard Society of  
Durham Region

Lakeridge Health  
Corporation

- Durham Mental Health Services
- Pinewood Addiction Services
- Emergency Department

Ontario Tech University

Ontario Shores Centre for  
Mental Health Sciences

Primary Care Network  
Durham - Ontario Health  
Team (OHT)

Mississaugas of Scugog  
Island First Nation

People with Lived  
Experiences

Medical Associates of Port  
Perry - North Durham  
Family Health Care Team

Peterborough Victoria  
Northumberland  
Clarington Catholic District  
School Board

Region of Durham Social  
Services

Region of Durham  
Paramedic Services

Salvation Army Community  
and Family Services

Prevention	Treatment	Harm reduction	Enforcement
Utilize the Truth and Reconciliation Commission of Canada, Call to Action Report when determining evidence-based drug prevention strategies.	Utilize the Truth and Reconciliation Commission of Canada, Call to Action Report when determining evidence-based drug prevention strategies.	Utilize the Truth and Reconciliation Commission of Canada, Call to Action Report when determining evidence-based drug prevention strategies.	Utilize the Truth and Reconciliation Commission of Canada, Call to Action Report when determining evidence-based drug prevention strategies.
Participate in knowledge exchange activities with the Health, Homelessness and Housing Committee, to foster service coordination.	Increase timely access to services for people who use substances and are seeking treatment and harm reduction services.	Increase client(s) awareness of available harm reduction and treatment services within Durham Region.	Opioid task force members will contribute to maintaining a healthy and safe community, with targeted efforts to the downtown Oshawa core.
Identify and implement evidenced-based prevention strategies for problematic substance use for the residents within Durham Region.	To provide support to the Central East Local Health Integration Network/Lakeridge Health in the development of treatment pathways and to assist with identification of gaps in care.	Identify evidenced-based recommendations to enhance naloxone distribution services within Durham Region.	Continue addressing illicit drug production, supply, and distribution.
	Identify opportunities to leverage current services to include a peer-based model of support for harm reduction, outreach, and treatment services.	Identify evidenced-based recommendations to enhance needle exchange program services within Durham Region.	Collaborate with Durham Regional Police Service to identify opportunities for transitioning individuals from police service to community-based treatment and harm reduction services.
		Implement a plan to raise awareness of how public stigma acts as a barrier to accessing treatment and harm reduction services.	
		Identify targeted evidenced-based education strategies and communication strategies that aim to increase public awareness of the benefits of harm reduction services as part of an evidenced-based drug strategy.	
		Investigate opportunities for collaboration between the Opioid Task Force and the Metis Nation of Ontario pilot program for naloxone distribution.	

# The Durham Region Opioid Response Plan

Source: Durham Opioid Response Plan

# Continued Focus On...

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Collaboration and coordination with experts in the area of housing and homelessness

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Prevention strategies for problematic substance use

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Coordination with partners to foster timely access to services for people who use substances and are seeking treatment and/or harm reduction services

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Increasing client awareness of available harm reduction and treatment services within Durham Region

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Expanding access to naloxone

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Employing evidence-based recommendations to enhance needle exchange services

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Raising awareness of how stigma acts as a barrier to accessing treatment, harm reduction and health care services

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Working in collaboration with DRPS to address illicit drug production, supply and distribution

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# New Areas of Focus ...

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A strong focus on the Truth and Reconciliation Commission of Canada, Call to Action report and ensuring the work we do considers these important recommendations

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Working with Lakeridge Health to help inform the development of treatment pathways and to assist with the identification of gaps in care

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Identifying opportunities to leverage current services to include a peer-based model of support for harm reduction, outreach and treatment services

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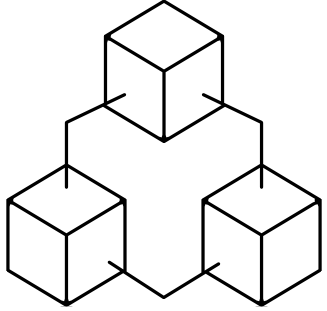
Contributing to the maintenance of a healthy and safe community in downtown Oshawa

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Collaborating with Durham Regional Police Service to identify opportunities for transitioning individuals from police services to community-based treatment and harm reduction services



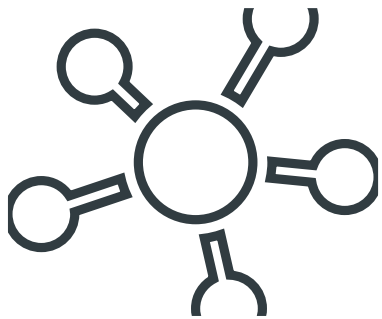
# Key Highlights of Work Accomplished in 2022/2023



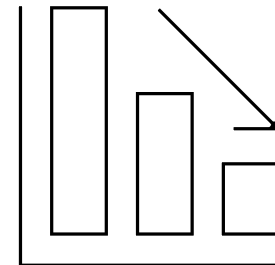
Ongoing coordination and co-planning to leverage existing services to address identified gaps, at the local level



Conducted service mapping to identify gaps in services related to police calls for public disruption and non-criminal offences



Developed and launched the Report Drugs tool to allow anonymous public reporting of qualitative data which can be used to inform DRHD's drug alerts / early warning system



Working to reduce stigma through awareness activities  
Enhancing access to training for service providers



## Helping our most vulnerable populations



- Naloxone distribution to reduce opioid related deaths
- Education on safer drug practices along with access to supplies to reduce harm by preventing the transmission of diseases such as HIV, hepatitis C (HCV) and hepatitis B (HBV)
- Providing an access point for other addiction services, health and social services

# Primary Care Outreach Program (PCOP)

An advanced care paramedic and a social worker, working with community partners to deliver services to vulnerable populations

Services include:

- ✓ Medical assessments
- ✓ Triage and social support interventions
- ✓ Service navigation and referrals to: addiction and mental health agencies; and counselling for crises, depression, substance abuse, attempted suicide, trauma, and other health concerns

The PCOP team travels to various priority neighbourhoods providing services



# Together, Best Mental Health Mental Health and Addictions Plan



## Five Strategic Directions

1

Ensure inclusion

2

Create better access, navigation, and transitions

3

Improve outcomes for the most vulnerable

4

Drive integration with primary and community care

5

Demonstrate outcomes



- Roadmap to deliver a more integrated system of mental health and substance use care in Durham Region.
- Enables Lakeridge Health to lead a system-level, transformation in mental health service delivery, while provide people with the right services, from the right people, in the right place.
- Anchored in Ontario's plan to build mental health and addictions, "[Roadmap to Wellness.](#)"

# Yearly Visits Related to Mental Health and Substance Use

- 100,000+ adults
- 12,000+ children and youth
- 14,000+ visits to Emergency Departments



**Lakeridge  
Health**

## IN-PATIENT

- Adult (Ajax)
  - General Adult Beds
  - Psychiatric Intensive Care
  - Crisis Intervention Team
- Adult (Oshawa)
  - General Adult Beds
  - Psychiatric Intensive Care
  - Crisis Intervention Team
  - **Opioid Navigator (ED)**
  - **Hospital to Home Supports**
- Child and Youth (Oshawa)
  - General Beds
  - Youth Crisis Intervention

## DISTRESS CENTRE DURHAM

- Distress Line
- Suicide Survivor Support Group

## OUT-PATIENT

- Child-Youth Family Program
  - Urgent Care
  - Day Treatment
  - Eating Disorders
- **Assertive Community Treatment**
- Eating Disorders (youth and adult)
- **Mental Health Support Unit with Durham Regional Police**
- Adult Day Treatment
- **Early Psychosis Intervention**
- **Psychiatry Services**
- Adult Integrated Mental Health Service

## DURHAM MENTAL HEALTH SERVICES

- Crisis CALL Line
- Mobile Crisis (non-police led)
- Crisis Homes (Ajax, Whitby, Oshawa)
- Residential Program
- Case Management
  - General Case Management
  - Dual Diagnosis
  - Durham Connect
  - Seniors Support/Response
  - Homeless Rent Supplement
  - Indigenous
  - Court Support
  - Release from Custody
  - Hospital to Home (Ajax)
  - Violence Against Women
- Court Support (Youth Justice and Court Diversion)
- Regional Housing Coordination
- Peer Support
- Family Support

## PINEWOOD SUBSTANCE USE AND ADDICTIONS

- Residential Withdrawl Management
- Residential Treatment
- Case Management
- Opioid Outreach
- Scarborough Addictions Support
- Umbrella's Program
- RAAM Clinic
- Concurrent Disorders Day Treatment
- Community Treatment
  - Addictions Case Management
  - Addiction Supportive Housing
  - Youth Outreach Workers
  - Drug Treatment Court
  - Opiate Case Management
  - Smoking Cessation
  - Concurrent Disorders Court Diversion
  - Youth Court Diversion
  - Back on Track
- Youth Specific
  - School-based Youth Outreach
  - DASIY (Durham Appraisal and Screening Initiative for Youth)
- Adult Court Services
  - Drug Treatment Court
  - Concurrent Disorders Court Diversion
- Specialized Teams
  - Gambling, Gaming and Technology
  - Opiate Case Management
    - Back on Track



# Engagement and Partners

- Lakeridge Health, co-chair
- Carea Community Health Centre, co-chair
- Ontario Shores Centre for Mental Health Sciences
- Durham Regional Police Services
- Region of Durham
- Durham Region Health Department
- PFLAG Durham Region
- Ajax Welcome Centre
- Mississaugas of Scugog Island First Nations
- Durham Child and Youth Planning Network
- CMHA Durham
- Ontario Tech University
- Region of Durham Paramedic Services
- Community Care Durham
- Backdoor Mission
- Child and Family Mental Health services
- Seniors Network of Care



# In Depth: Five Strategic Directions



1 **Ensure Inclusion**



2 **Create Better Access,  
Navigation, and Transitions**



3 **Improve Outcomes for  
the Most Vulnerable**



4 **Drive Integration with  
Primary and Community Care**



5 **Demonstrate Outcomes**

# Progress: Continued Collaboration

## Plan Progress (Year 1)

- Consistently engaging people with lived experience.
- Central Connect: a central point of intake, access, and navigation into all programs.
- Increased outreach care in our communities, including addictions outreach.
- Partner with the Region of Durham in the Oshawa Micro-Homes and Beaverton housing initiatives.
- New school-based substance use and mental health positions.
- Enhancing Emergency Department experience.



## Partnerships

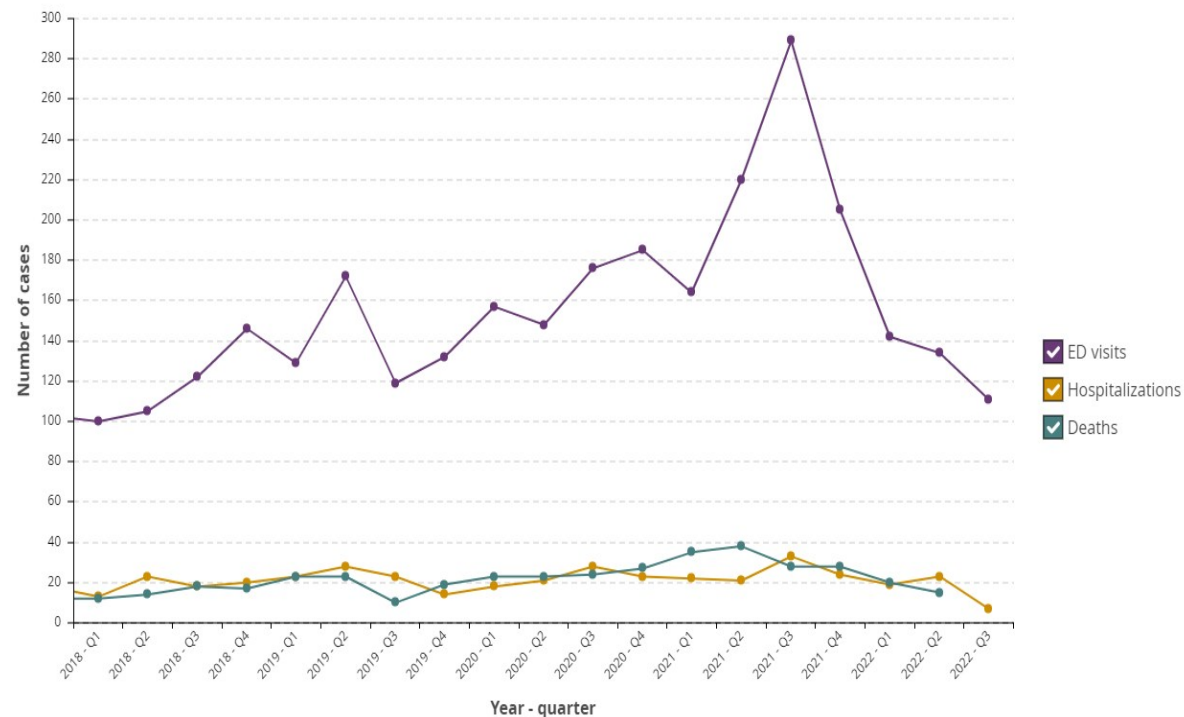
- More than 40 Memorandums of Understanding with our partners.
- Attend 35+ working groups and committees across Durham Region



# Progress: Decrease of Opioid Poisoning-related visits to Emergency Departments



Cases of opioid-related morbidity and mortality, Durham Region Health Department, 2018 - Q1 - 2022 - Q3



- Data shows steady decline in opioid poisoning-related visits in Lakeridge Health Emergency Departments (peak volumes observed in summer 2021 with progressive decline thereafter).

# Homelessness and Mental Health and Addictions

- Complex population requiring innovative and integrated system responses to improve population health.
- Mental Health and Addictions Care is **one piece** of a large community approach to supporting this vulnerable population.
- At Lakeridge Health, we believe we are on the right path forward.

EDITORIAL

## All hands on deck to end homelessness

Governments have taken a fragmented approach to homelessness at the expense of a shared strategic plan.



By Star Editorial Board  
Sat., April 15, 2023 © 3 min. read

GTA

## Why the homelessness crisis could get even worse

Emergency funding has dried up, and the head of Toronto's shelter department says without \$317 million, the city will have to shut more shelters

## How to Slow the 'Wave' of Homelessness in Canadian Cities

Increased financial supports, not just new affordable housing, are needed to prevent people from falling into homelessness, says advocate.

ATLANTIC | News

New research suggests Canada's homeless crisis is bigger than current data shows

# DRHD Recommendation



- That Regional Council:
  - Advocates for boards of health to sit on central and regional Ontario Health MHA tables as key partners informing the delivery of mental health and addiction services
  - Endorses AMO's [submission](#) to the Ministry of Health (August 2022)

## Questions:

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