



SLAM

Sioux Lookout Addiction Medicine

CONFERENCE

Join MDs from across the region to learn about
rural/remote addiction medicine

Collaborate with other addictions providers

Free to attend for any doctor or learner from Northern Ontario

For providers at **all levels** of comfort with managing addictions

Hosted by the Sioux Lookout Local Education Group

April 6th 2024

8am - 5pm

Sioux Lookout Meno Ya Win Health Centre
Virtual option available

Questions?
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**RSVP by
March 31st**



SLAM

Sioux Lookout Addiction Medicine CONFERENCE

7:30	BREAKFAST	
8:00	Welcome & Introductions	
8:15	Buprenorphine XR & Preparing for Fentanyl in the North Exploring two Potential Uses of Sublocade	Dr. Julie Samson Dr. Louisa Marion-Bellmare Dr. Preeti Popuri
9:45	Brief Psychotherapeutic Interventions for Addictions	Dr. Sharon Cirone
10:15	BREAK	
10:30	Lessons Learned in Northern Addictions Care Cross Pollinating ideas to improve care	Dr. Justin Bell
12:00	LUNCH	
1:00	Approach to Stimulant Use Disorder	Dr. Tanya Hauck Dr. Emily Kendall
2:00	Future Directions for SLKT Addictions Care	Dr. Justin Bell
2:45	Healing Journeys Experiences of First Nations individuals with recovery from opioid use	Dr. Sharen Madden
3:00	BREAK	
3:15	Urine Drug Test Interpretation	Dr. Dilusha Thiyagaratnam
4:00	Harm Reduction in the North	Dr. Jennifer Wyman Lisa Bertrand
5:00	Closing Thoughts & Evaluations	

April 6th 2024
8am - 5pm

Sioux Lookout Meno Ya Win Health Centre
Boardroom A/B
<https://slmhc-on-ca.zoom.us/j/81631285116>

SLAM Conference Learning Objectives + Needs Assessment

Event: Buprenorphine XR and Preparing for Fentanyl in the North

Presenter: Dr. Julie Samson, Dr. Louisa Marion-Bellmare, Dr. Preeti Popuri

8:15 – 9:45

Learning Objectives:

1. Describe the mechanism of action of extended release buprenorphine and its role in treating opioid use disorder
2. List collaborative strategies used by health professionals in Northeastern Ontario for engaging with hospitals and Northern First Nations to reduce opioid overdose deaths.
3. Evaluate the appropriateness of buprenorphine XR in various patient scenarios with opioid agonist therapy

Needs Assessment:

The scientific planning committee, recognizing the opioid crisis, and emergence of fentanyl use, underscored the urgent need for addressing this escalating issue within the Sioux Lookout region. The SLFNHA Mental Health and Addictions Review highlights the systemic challenges and the pronounced impact of substance use within our communities. The pervasive nature of these challenges, coupled with historical and ongoing systemic barriers, has exacerbated mental health and substance use issues, particularly concerning the anticipated escalation of fentanyl use. The pioneering work of Dr. Sampson and Dr. Marion-Bellemare in Timmins provides a potential roadmap for our community's preparedness and response. Incorporating their insights and successes, especially in utilizing buprenorphine XR within opioid agonist therapy, offers a tangible, actionable approach to not only addressing fentanyl addiction but also fostering collaboration with First Nations communities to enhance overall health outcomes. This session aims to bridge the gap in understanding and preparedness, leveraging the lessons learned from Timmins to fortify our community against the impending challenges posed by fentanyl. This is also supported by the Hummelen et al article detailing the increased incidence of mental health and addictions visits to the Sioux Lookout ER - approximately 4 times the provincial average.

Event: Brief Psychotherapeutic Interventions for Addictions

Presenter: Dr. Sharon Cirone

9:45-10:15

Learning Objectives:

- Recognize the value and applicability of brief psychotherapeutic interventions in addiction care
- Identify the utility of techniques including cognitive behavioural therapy and motivational interviewing in supporting patients who use substances
- Apply the stages of change model to support individuals across the spectrum of their recovery journey

Needs Assessment:

Dr. Cirone's session addresses the critical need for accessible psychotherapeutic support in addiction treatment, particularly in the context of the North's staffing and resource limitations. The emphasis on brief interventions reflects a pragmatic approach to enhancing patient care within the constraints of clinical settings. This initiative is directly responsive to the SLFNHA review's call for innovative solutions to the region's mental health and addiction challenges, aiming to equip physicians with practical tools to make meaningful impacts in their patients' lives through empathetic, evidence-based engagement. This topic was highlighted by the scientific planning committee as a topic that is often not taught in medical education, but is often required and beneficial for addictions providers.

Event: Lessons Learned in Northern Addictions Care

Presenter: Dr. Justin Bell

10:30 - 12:00

Learning Objectives:

1. Identify successful practices from other addiction programs in Northern communities
2. Formulate strategies for implementing changes based on the shared experiences and lessons learned
3. Develop standardized procedures and policies along with other addictions providers to improve the quality of addiction care across the region

Needs Assessment:

Drawing on the SLFNHA Mental Health and Addictions Review's findings, it's evident that a collective, community-driven approach to addressing addiction and mental health is paramount. The documentation of extensive service gaps, the critical need for culturally sensitive and accessible care, and the call for enhanced service coordination and integration across the region, underpin the necessity of this session. Dr. Justin Bell's facilitation of shared learning and experience exchange offers a direct response to these identified needs, fostering a platform for innovation, collaboration, and mutual support among practitioners. By highlighting successful strategies and identifying areas for improvement, this session embodies the scientific planning committee's commitment to leveraging community strengths and advancing the quality of addiction care in alignment with Anishinabe cultural values and practices.

Event: Approach to Stimulant Use Disorder

Presenter: Dr. Tanya Hauck, Dr Emily Kendall

1:00-2:00

Learning Objectives:

- Understand the challenges in treating stimulant use disorders, including the limitations of current evidence-based pharmacotherapies.

- Explore the use of antipsychotics for managing stimulant-induced psychosis and its implications for morbidity, mortality, and community safety
- Evaluate the evidence about potential medications to treat stimulant withdrawal and cravings
- Discuss non-pharmacologic interventions, including contingency management and motivational interviewing, for supporting patients with stimulant use disorders.

Needs Assessment:

Stimulant use disorder, involving substances such as cocaine, crack, and methamphetamine, poses unique treatment challenges due to the lack of robust evidence-based pharmacotherapies. Drs. Hauck and Kendall's session will address this gap by examining alternative pharmacologic and non-pharmacologic strategies. Given the substantial impact of stimulant-induced psychosis on individual and community health, exploring antipsychotic treatments is crucial. Furthermore, the session's focus on innovative practices like contingency management aligns with the need for comprehensive, adaptable treatment modalities in the North, as highlighted by the SLFNHA review. This session represents a forward-thinking approach to addressing a complex aspect of addiction care, emphasizing the integration of emerging evidence and patient-centered care strategies. It has been identified by ER and RAAM providers that recent trends of substance use in the region have been steering towards stimulant use. This was communicated to the SPC and highlighted as a topic with limited general understanding from the physician group. This is also supported by the Hummelen et al article detailing the increased incidence of mental health and addictions visits to the Sioux Lookout ER - approximately 4 times the provincial average.

Event: Future Directions for SLKT Addictions Care

Presenter: Dr. Justin Bell

2:00-2:45

Learning Objectives:

- Summarize findings from the Substance Use Advisory Meeting, including community feedback on current addiction services and suggestions for improvement.
- Identify principles of quality improvement (QI) and community feedback mechanisms that can be used by local providers to enhance addiction care.
- Discuss the expansion of harm reduction initiatives and their potential impact on community health.

Needs Assessment:

Dr. Bell's session, focused on future directions for addiction care in Sioux Lookout, is pivotal for integrating community voices into service planning and improvement. Reflecting on the Substance Use Advisory Meeting's outcomes will provide valuable insights into the lived experiences of individuals and families affected by substance use, guiding the development of responsive, culturally sensitive care models. This approach is critical for addressing the unique

health needs of First Nations communities, as emphasized in the SLFNHA review, and supports a collaborative, inclusive strategy for advancing addictions care and harm reduction efforts in the region.

Event: Healing Journeys

Presenter: Dr. Sharen Madden

2:45-3:00

Learning Objectives:

1. Discuss the implications of the Healing Journeys publication
2. Review the principles of data collection and interpretation when conducting research with First Nations groups
3. Identify future directions for addictions focused research in the Sioux Lookout area

Needs Assessment:

Highlighting recently published research prepared by the Sioux Lookout Local Education Group and its associated research institute that centres on qualitative experiences of First Nations individuals living with opioid use disorder will help to further centre the conference on the experiences of individuals with lived experience as a guidepost for the types of work that addictions providers do in the region. This also highlights local research excellence, and further supports the work of this group in critically evaluating the health needs of the region.

Event: Urine Drug Test Interpretation

Presenter: Dr. Dilusha Thiyagaratnam

3:15-4:00

Learning Objectives:

1. Interpret urine drug test results accurately, including understanding the implications of false positives and negatives
2. Compare the effectiveness of point-of-care testing and mass spectrometry in substance use monitoring and treatment planning
3. Apply harm reduction principles in the clinical use of drug testing to support patient safety and reduce stigma

Needs Assessment:

The complexity of urine drug testing, particularly within the context of Northern communities, presents significant challenges. Central in the practice of addictions medicine is the importance of accurate diagnosis and understanding of substance use to effectively manage addiction and related health issues. As identified by the SPC, the need for this session arises from the identified gaps in knowledge and practice around drug testing, which is further complicated by the limitations in access to and reliability of advanced testing methodologies like mass spectrometry in our remote settings. Dr. Thiyagaratnam's session will directly address these

gaps, emphasising harm reduction principles and the pivotal role of drug testing not as a punitive measure but as a key component in informed care and support. This approach is critical for de-stigmatizing substance use and reinforcing a community-wide strategy that supports safe choices, aligning with the broader objectives of improving mental health and addictions care as highlighted in the SLFNHA review.

Event: Harm Reduction in the North

Presenter: Dr. Jennifer Wyman, Lisa Bertrand

4:00-5:00

Learning Objectives:

- Articulate the principles of harm reduction and its application in Sioux Lookout and northern communities.
- Explore strategies for integrating First Nations cultural values into harm reduction practices.
- Discuss the implementation of harm reduction tools (e.g., sterile injection kits, naloxone kits) and their role in preventing infectious diseases and overdose.

Needs Assessment:

This session by Dr. Wyman and Lisa Bertrand represents an essential dialogue on adapting harm reduction to the northern context, respecting and incorporating First Nations cultural values. The rising rates of hepatitis C and the potential for increased HIV prevalence underscore the urgency of expanding harm reduction services. By fostering understanding and collaboration between healthcare providers and communities, this session aims to enhance the accessibility and effectiveness of harm reduction, aligning with broader health objectives and responding to the complex challenges faced in the region. Increasing understanding of harm reduction principles and services was also highlighted as a topic that was required for physician education by the scientific planning committee.