

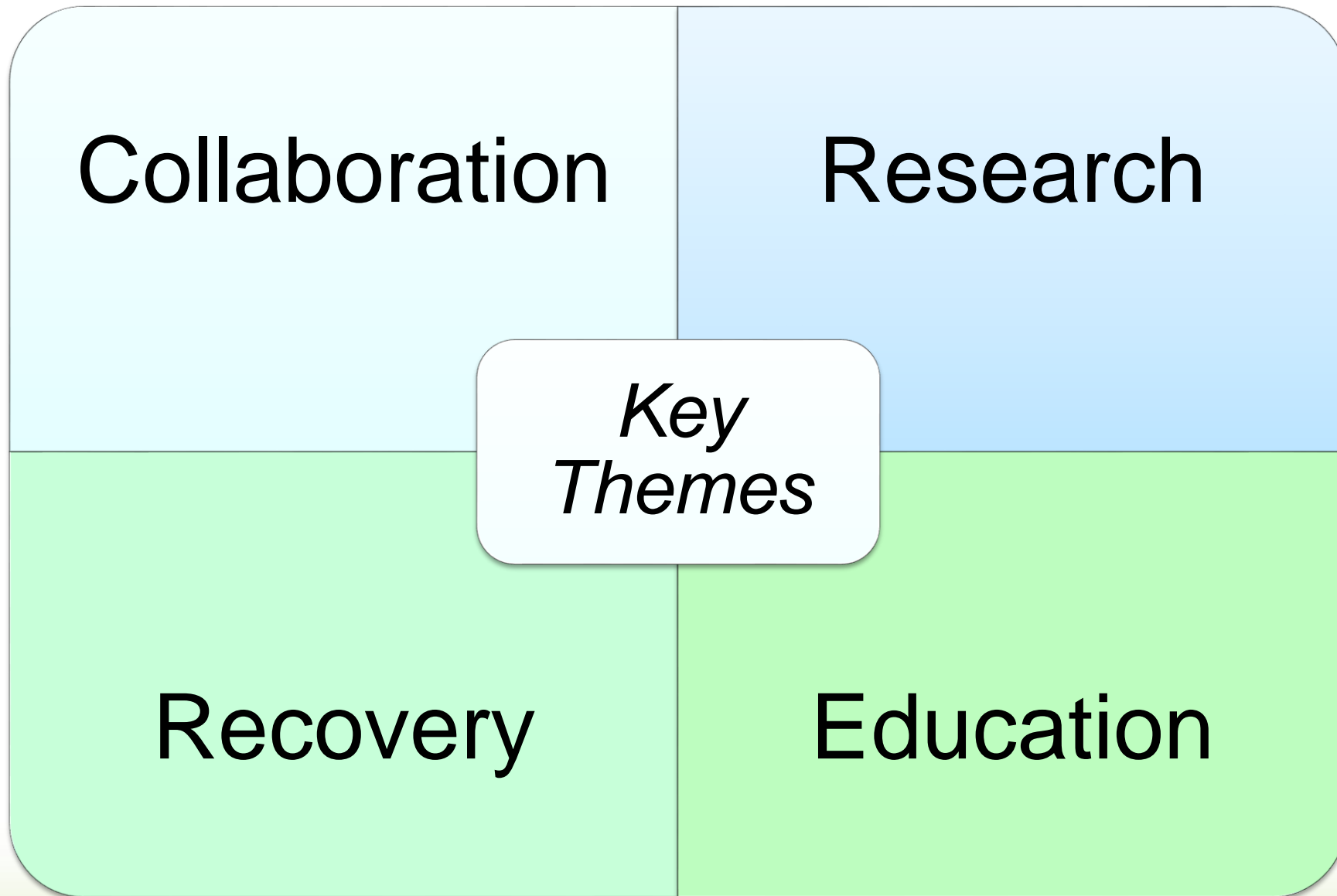
# Health PEI

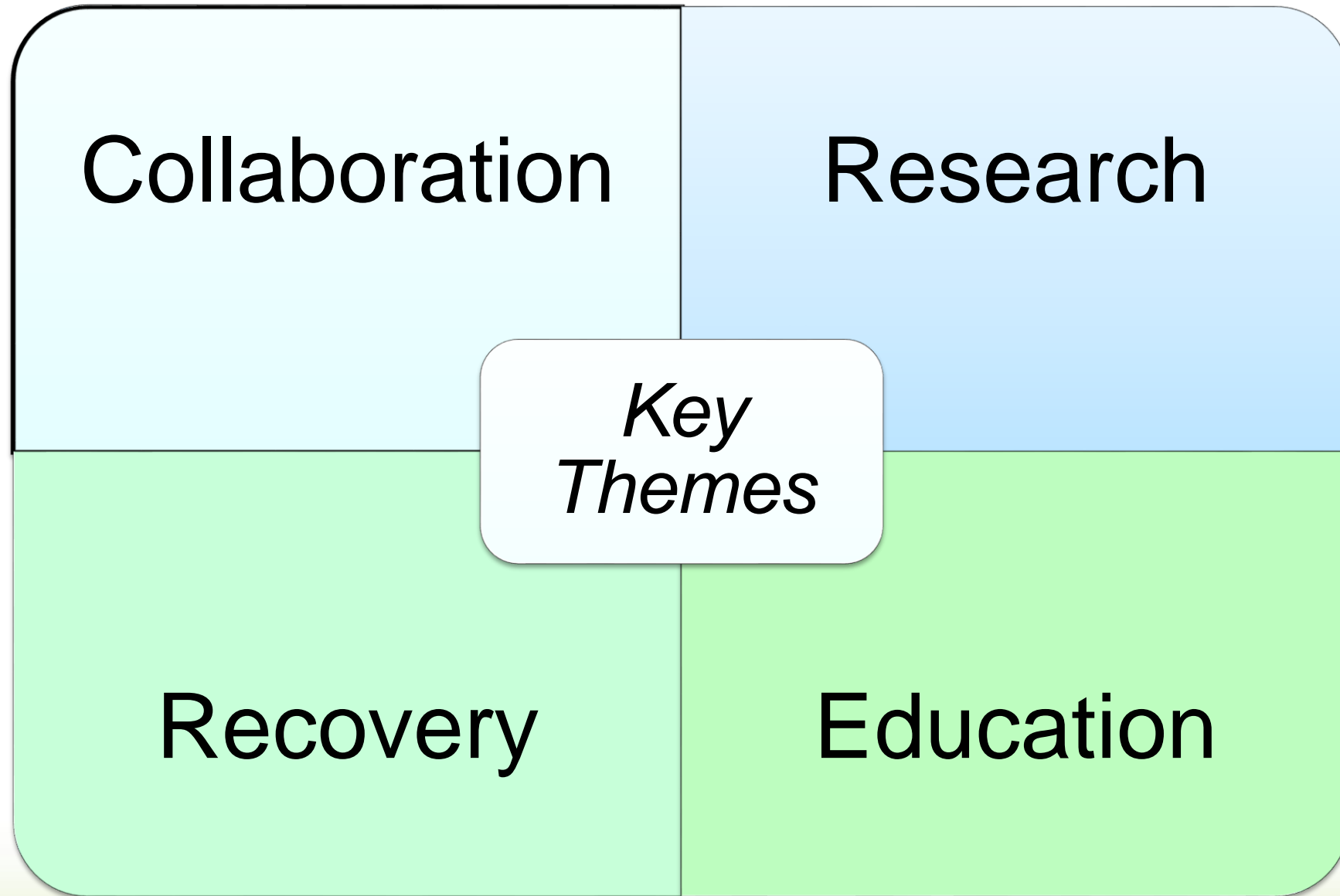
ONE ISLAND FUTURE



## Addictions Services: Current Initiatives & Future Directions

**Dr. Amanda Hudson**





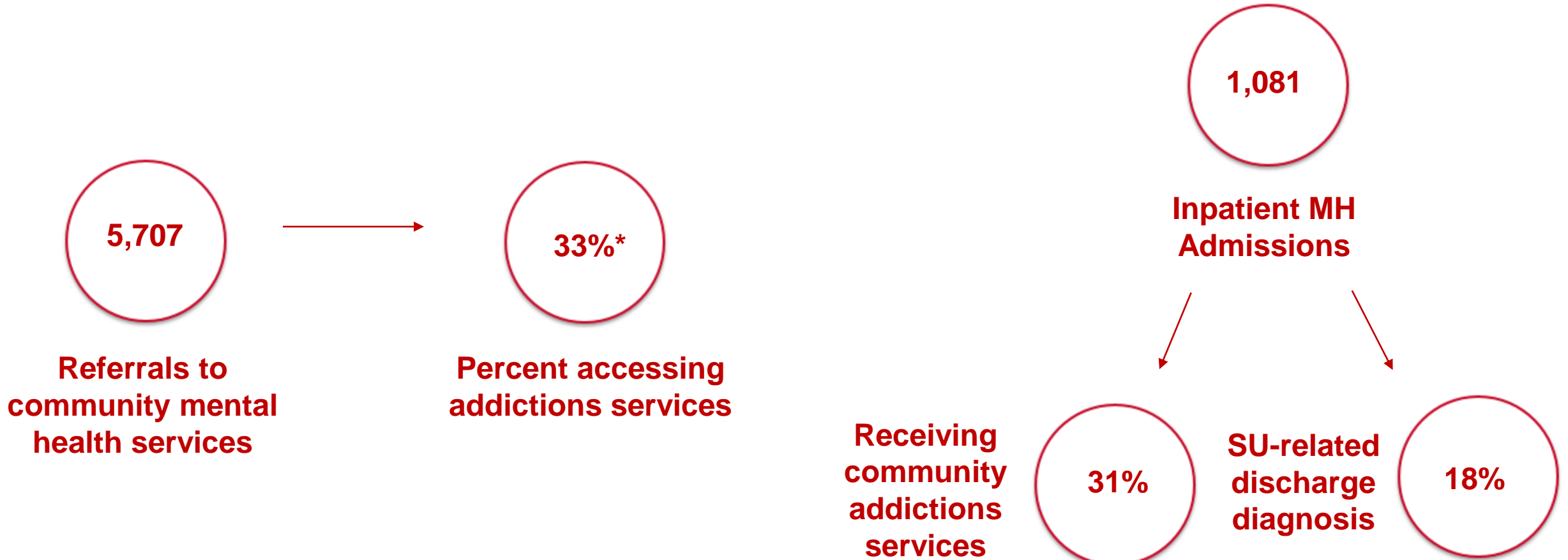
# Comorbidity

- Comorbidity of mental health and substance use problems is common in Canada (Rush et al., 2008)
- 35.6% of individuals admitted to inpatient mental health have co-occurring disorders (CIHI, 2013)
- Epidemiological data suggest that at least 20% of individuals with a substance use disorder experience comorbid mood/anxiety disorders (Grant et al., 2004)
- Comorbidity is recognized as highly prevalent by general public (Hudson et al., 2018)
- These individuals often seek support and treatment from multiple segregated services....How can we serve this population better?

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- These individuals often seek support and treatment from multiple segregated services....How can we serve this population better? → **INTEGRATED SERVICES**

# Comorbidity in PEI, 2018-2019



*\*Based on subsample of the data*

# Treatment of Concurrent Disorders

- Sequential -- Treating one disorder prior to the other
- Simultaneous (Parallel) - Receiving treatments for each disorder separately but at the same time
- Simultaneous (Integrated) - Receiving treatment for both disorders from integrated programs/ services at the same time

**GOLD STANDARD**

# Current Programs/ Initiatives

## Strength Program

- Residential & day treatment
- Ages 15-24 & their families
- Inclusion criteria:
  - ▶ Comorbid MH and SU
- Multidisciplinary team; Holistic services



*\*\* 279 youth since spring 2015*

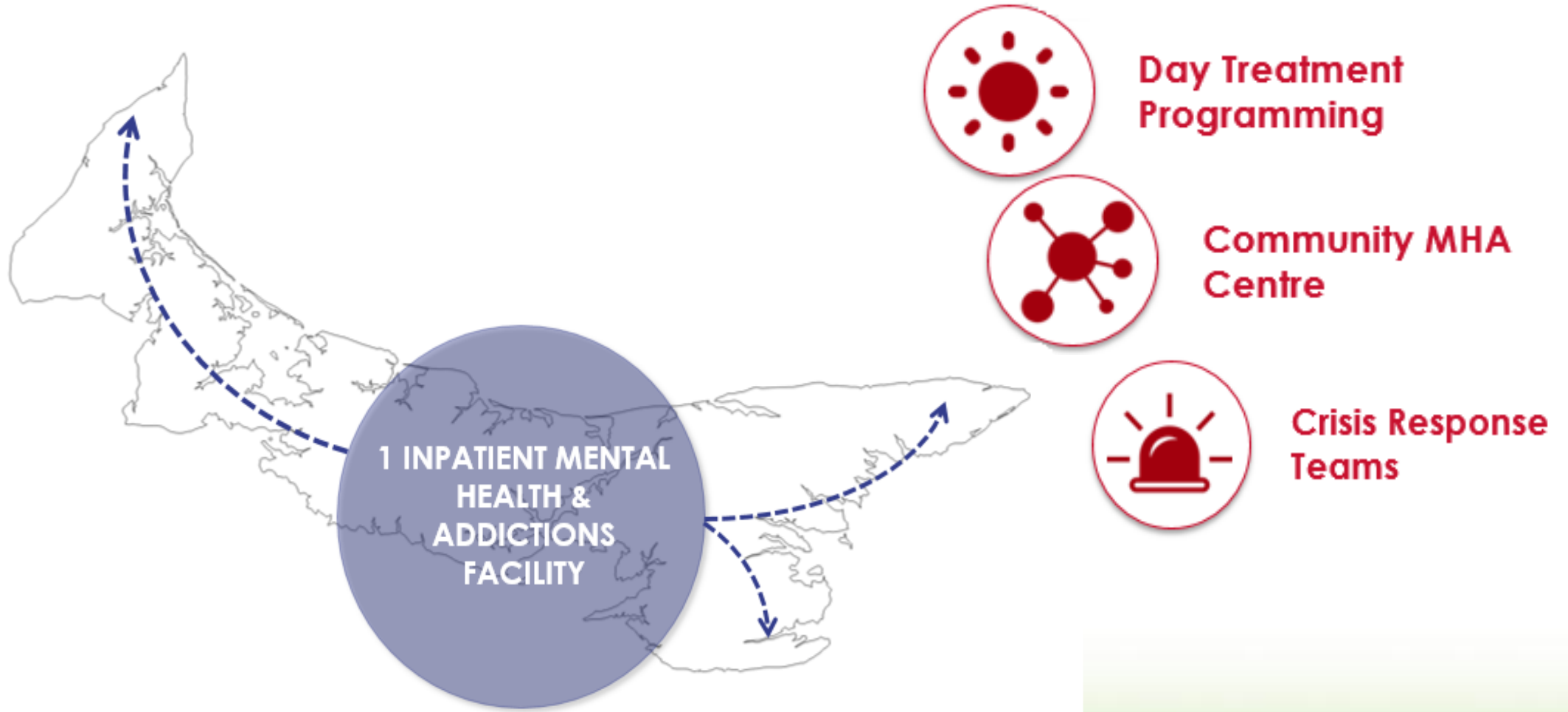


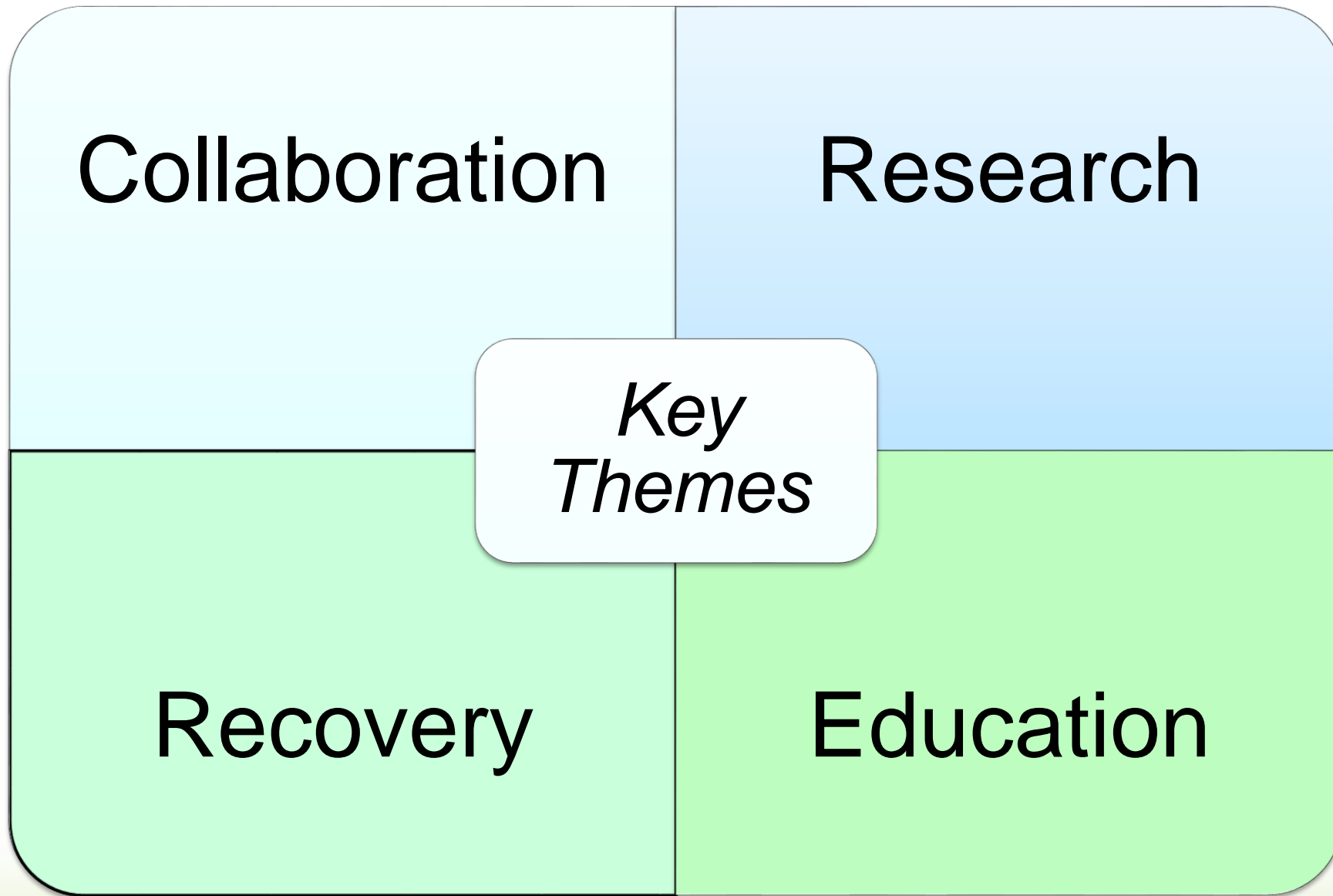
# Current Programs/ Initiatives

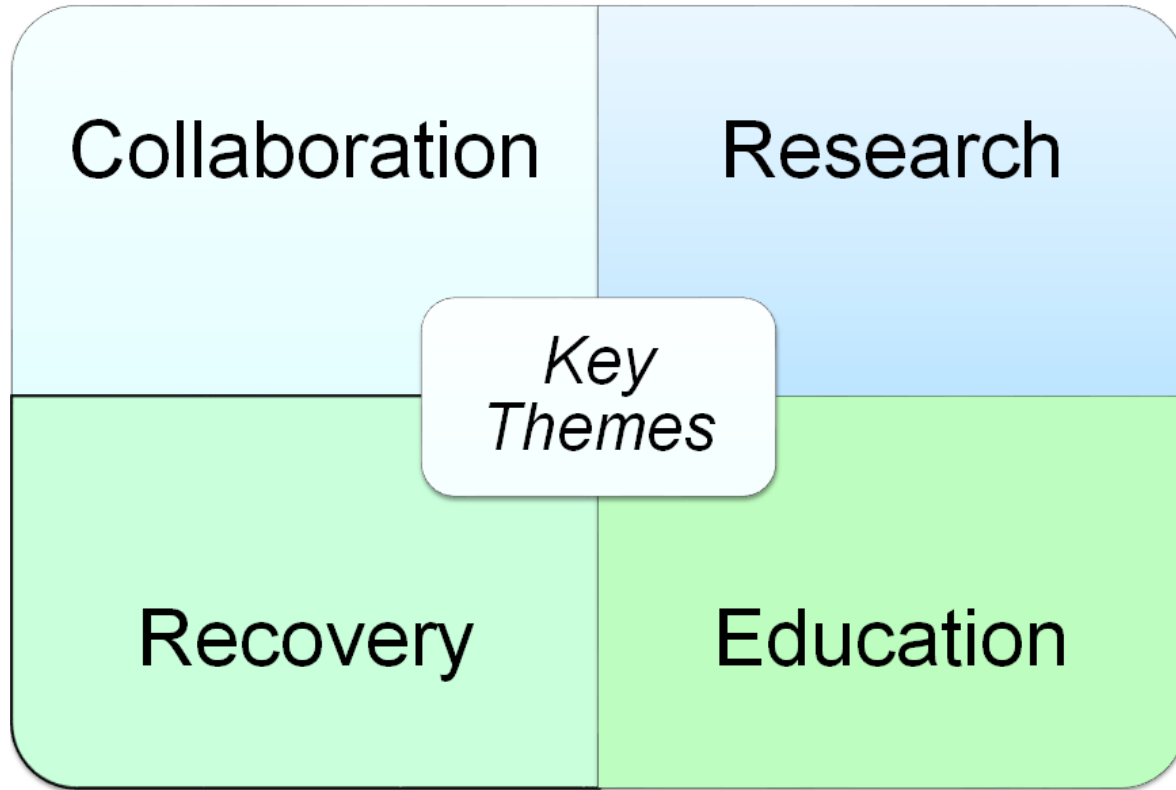
- Community Mental Health and Addictions
  - ▶ Four sites with co-located services
  - ▶ Collaboration (e.g., co-facilitating groups)



# Future Directions: Master Planning







Mission Statement:  
“Mental Health and Addictions is a welcoming recovery based treatment service where individuals and their families can find hope, help, and strength.”

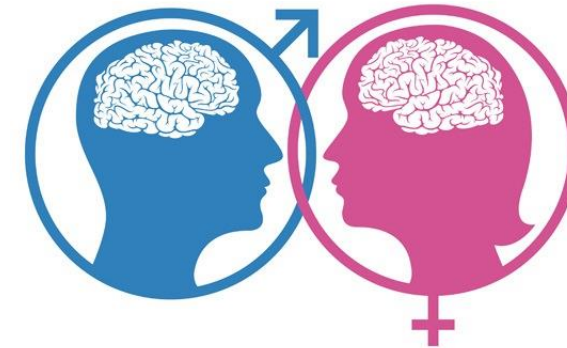
# What is Recovery?



# Ongoing Initiatives – Staff Education



Person Centered Care



Sex- and Gender-Informed Care



Cultural Sensitivity



Recovery Language & Person First Language



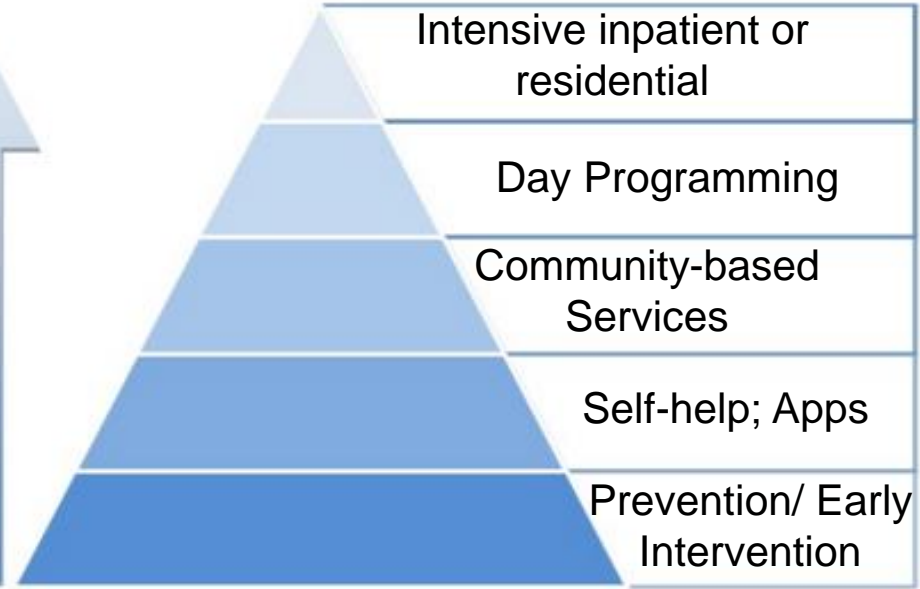
# Ongoing Initiatives – Stepped & Personalized Care

**DBT Skills**

**HARM REDUCTION**

**Seeking Safety**

*Mutual Aid*



**One Island Health System**

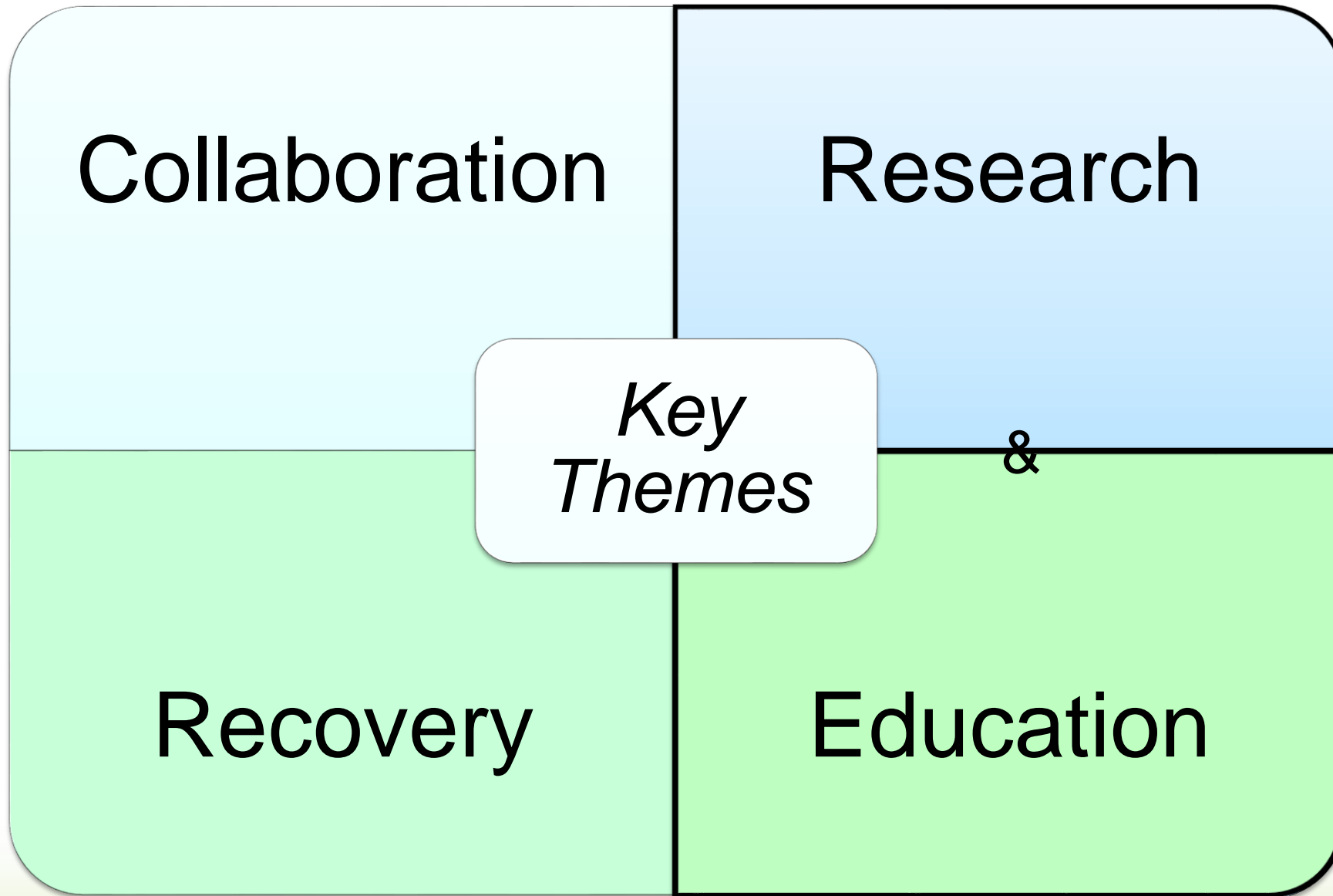
**OPIOID REPLACEMENT THERAPY (ORT)**

**Living in BALANCE**

**c a s t**  
*Coping And Support Training*

**C.R.A.F.T.**  
Community Reinforcement Approach and Family Training

**Health PEI**



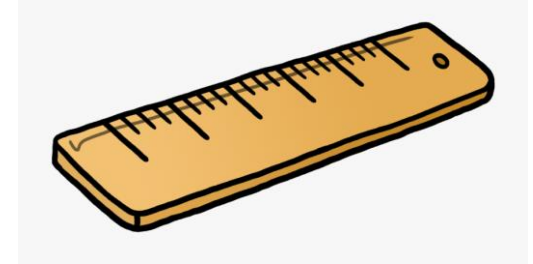


# Research Objectives...

- Promote evidence-based practice
  - ▶ Efficient and accurate KT
  - ▶ Reduce translation lag (~ 17 yrs; Morris, 2011)
  - ▶ Multidirectional sharing\*\*
- Be better knowledge *users* & establish ourselves as knowledge *creators*
  - ▶ *Contribute to addictions science & treatment*




# Research Focus Areas



- Measurement of care/ outcome monitoring
- Cannabis Policy Evaluation Research (*partnering with CPHO, UPEI, St. FX, and PEI Cannabis*)
- Sex Differences and Menstrual Phase Fluctuations in Cannabis-Related Emergency Department Presentations (*partnering with Dalhousie*)
- E-health initiatives and substance use intervention (*Department of Health and Wellness; University partners*)

# ORT Initiatives & Research

## Emergency Treatment Fund

- ▶ Peer Support  Health Canada Santé Canada
  - ▶ Mobile Unit
  - ▶ Telehealth
- Research to support implementation and outcome monitoring

## Other ORT Research

- Prenatal and Postpartum care for women with OUD (Hudson, Hooley, & Hudson, 2019)
- Understanding retention & attrition

# Collaborative Learning



- Goal: Establish new inpatient facility as a teaching hospital
  - Continue to build educational opportunities through partnership with academic institutions
- Contribute to professional development of students (RNs, SWs, PhDs, MDs) → Recruitment
- Support continuing education of staff



Questions or  
Comments

[ahudson@ihis.org](mailto:ahudson@ihis.org)

902-853-0228