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# VIRTUAL HOUSEKEEPING

- ☐ Keep microphones on mute, unless you are asking questions, this minimizes any echo sounds
- ☐ If you have any questions don't hesitate to ask.
- ☐ Power Point will be shared with all participants at the end of workshop.
- ☐ ENJOY THE WORKSHOP!



# THANK YOU!



DOCTORS &  
NURSES



PARAMEDICS



PROTECTIVE  
SERVICES



FIRE  
SERVICES



GROCERY STORE  
STAFF



TRANSIT & TAXI  
DRIVERS



PHARMACISTS



FARMERS



DELIVERY  
DRIVERS



JOURNALISTS



CLEANERS



CHEFS



MAINTENANCE  
WORKERS



LAB  
TECHNICIANS



SOCIAL SUPPORT  
WORKERS



SANITATION  
WORKERS

# AGENDA

- ☐ How has COVID changed services
- ☐ How are individuals experiencing COVID
- ☐ What to look out for with individuals and ourselves
- ☐ Strategies for wellness during COVID
- ☐ What do services and resources look like during COVID
- ☐ References





# WHAT IS DATA TELLING US – CAMH MENTAL HEALTH IN CANADA: COVID 19 AND BEYOND

- ❖ People are struggling with concerns of health, employment, social isolation, fear of unknown
- ❖ A study done by CAMH (July 2020), indicates 50% of Canadians' mental health worsened since COVID
- ❖ 44% worried, 41% anxious
- ❖ 1 in 10 Canadians polled mental health worsened “a lot”
- ❖ Same study showed results from polls conducted of Canadian workers- 81% reported experiencing negative effects on mental health

(Mental Health in Canada: Covid-19 and Beyond,  
July, 2020-CAMH)

# WHAT IS DATA TELLING US – CAMH MENTAL HEALTH IN CANADA: COVID 19 AND BEYOND

- ❖ 25% of Canadians who participated in the poll age 35-54 increased alcohol use since COVID began
- ❖ 21% of Canadians who participated in the poll 18-34 increased alcohol use
- ❖ Canadians who described their mental health as ‘fair’ or ‘poor’ were more likely to have increased their alcohol, tobacco and cannabis use
- ❖ What does this mean for essential workers?
- ❖ Essential workers may be at an increased risk of developing mental health symptoms

(Mental Health in Canada:  
Covid-19 and Beyond,  
July,2020-CAMH)

# WHAT ARE CLIENTS REPORTING REPORTING/WHAT WE ARE SEEING

- ✓ Prescription increase for anxiety- benzodiazepines
- ✓ Increase use of alcohol and substances- as a response the negative impacts of the pandemic
- ✓ Replacing substance of choice to using other substances as availability changes
- ✓ Relapse in people who use substances
- ✓ Higher risk of overdose for individuals using alone and isolating
- ✓ Increased referrals from doctors and psychiatrists to RAAM and Community Clinics

# WHAT ARE CLIENTS REPORTING REPORTING/WHAT WE ARE SEEING

- ✓ Impact of COVID on marginalized communities: housing, financial insecurity, food insecurity, child care, isolation for single living households
- ✓ Increase in older adults (over age of 65) reaching out for addiction support
- ✓ Disruption of support services increased mental health symptoms and lapse/relapse



# COVID CHANGES PERSONAL/PROFESSIONAL

## Professional

- ☐ Employment changes
- ☐ In person services moving to virtual
- ☐ Service changes
- ☐ Professional isolation
- ☐ Lengthy exposure to screen time



How has the way you work changed?

## Personal

- ☐ Eating and sleeping habits have changed
- ☐ Family dynamics are different-kids learning from home, spouse working from home
- ☐ Individuals isolating alone
- ☐ Lack of routine
- ☐ Social distancing

### ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI



# WHAT DO WE START OUR DAY WITH

❖ What experience do you bring to your professional and personal environment? How has COVID amplified those?

☐ Personal experience

☐ Compassion fatigue

☐ Burnout

☐ Vicarious trauma

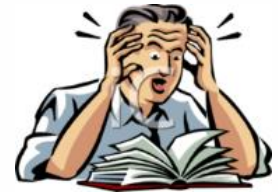
☐ Expectations of work



❖ How does COVID stress impact the care you provide? What are some ways of combating burnout, and developing resiliency?

# TIPPING THE SCALES OF STRESS-COVID ADDICTION

**Stress:** how the brain and the body respond to pressures, demands and challenges



- ❖ It is a normal response to events, when we believe we are in danger or it is a struggle – work, school, illnesses, etc.
- ❖ Our built-in alarm system - the “fight-or-flight” response - activated to protect us
- ❖ Too much stress can impact mental health and contribute to substance use and other addictions



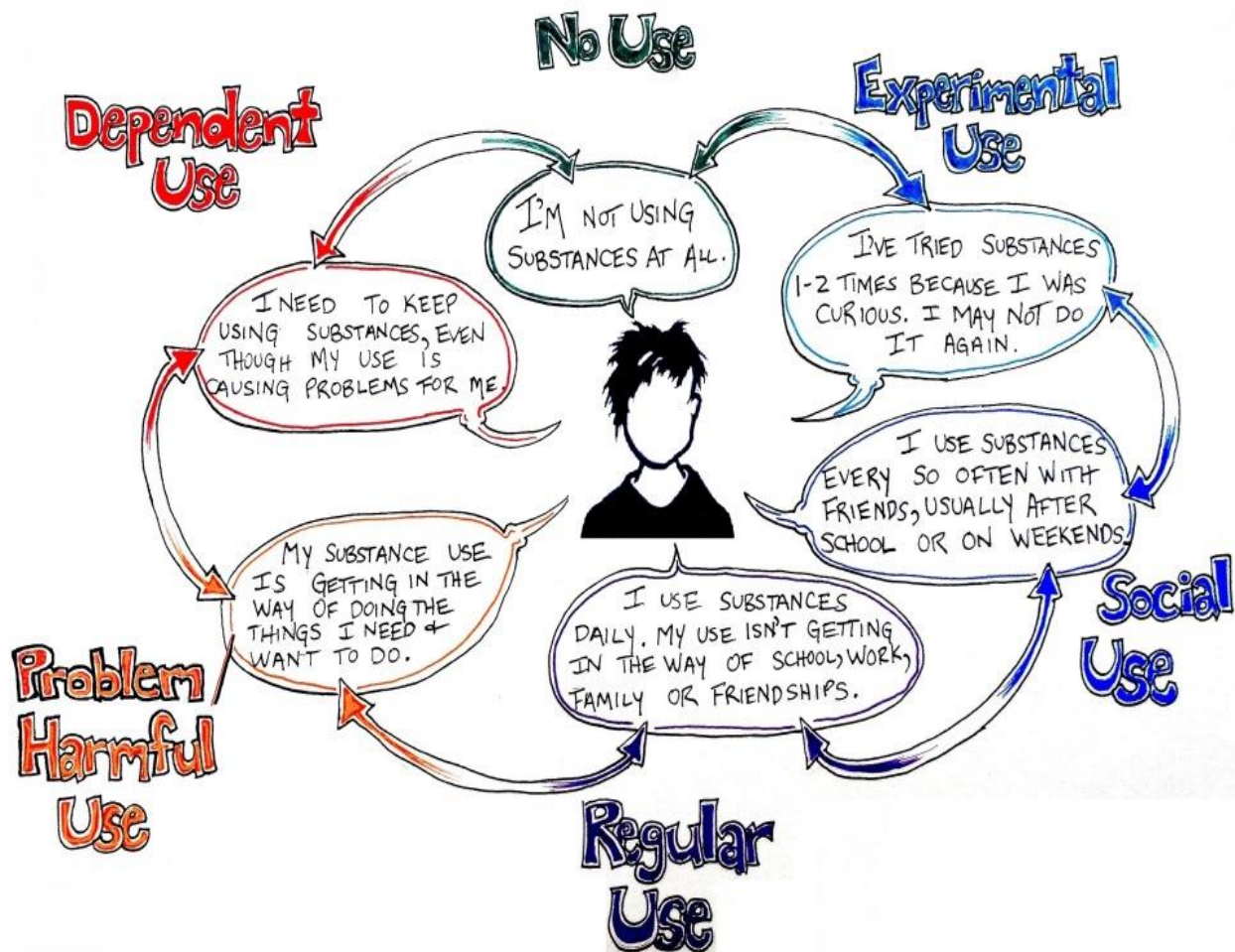
# HOW DO I KNOW HOW HEALTHY I AM?

## MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
<p>Normal fluctuations in mood</p> <p>Takes things in stride</p> <p>Good sense of humour</p> <p>Consistent performance</p> <p>Physically &amp; socially active</p> <p>Confident in self &amp; others</p> <p>Drinking in moderation</p>	<p>Nervousness, irritability</p> <p>Sadness, overwhelmed</p> <p>Displaced sarcasm</p> <p>Procrastination</p> <p>Forgetfulness</p> <p>Trouble sleeping</p> <p>Low energy</p> <p>Muscle tension, headaches</p> <p>Missing an occasional class or deadline</p> <p>Decreased social activity</p> <p>Drinking regularly or in binges to manage stress</p>	<p>Anxiety, anger</p> <p>Pervasive sadness, tearfulness, hopelessness, worthlessness</p> <p>Negative attitude</p> <p>Difficulty concentrating</p> <p>Trouble making decisions</p> <p>Decreased performance, regularly missing classes/deadlines, or over work</p> <p>Restless, disturbed sleep</p> <p>Avoidance, social withdrawal</p> <p>Increase used of alcohol-hard to control</p>	<p>Excessive anxiety</p> <p>Panic attacks</p> <p>Easily enraged, aggressive</p> <p>Depressed mood, numb</p> <p>Cannot concentrate</p> <p>Inability to make decisions</p> <p>Cannot fall asleep/stay asleep</p> <p>Constant fatigue, illness</p> <p>Absent from social events/classes</p> <p>Suicidal thoughts/intent</p> <p>Unusual sensory experiences (hearing or seeing things)</p> <p>Alcohol or other addiction</p>
<p>Nurture support systems.</p>	<p>Recognize limits, take breaks, identify problems early, seek support.</p>	<p>Tune into own signs of distress. Talk to someone, ask for help. Make self-care a priority. Don't withdraw.</p>	<p>Seek professional care. Follow recommendations.</p>

# HOW IS MY SUBSTANCE USE?

## SUBSTANCE USE CONTINUUM



- ☐ INCREASE OF FREQUENCY OF USE
- ☐ INCREASE OF AMOUNT
- ☐ WITHDRAWAL SYMPTOMS- PHYSICAL, EMOTIONAL AND COGNITIVE
- ☐ USING IN SPITE OF CONSEQUENCES



## CONTINUUM OF CARE



- ❖ Where on the continuum of care am I, my family, friends?
- ❖ Where on the continuum of care are your clients/patients
- ❖ How has your care changed for those who you provide care to? What are limitations?



# STRATEGIES TO ADDRESS ADDICTION AND MENTAL HEALTH CONCERNS/CHALLENGES

## ❖ Diet

- ☐ Be intentional about eating healthy meals/snacks
- ☐ Be intentional about drinking enough water

## ❖ Sleep

- ☐ Turn off electronics at least 1 hr before you go to bed
- ☐ Be intentional about not having electronics in bed

## ❖ Social engagements

- ☐ Social distance does not mean social isolation

# TIPS FOR PERSONAL WELLNESS

- ☐ Recognizing if there has been an increase of coffee, taking anxiety medication, drinking or substance use- referring to Low Risk Drinking Guidelines
- ☐ Manage your expectations of your self and others- are your expectations the same as they were pre-COVID
- ☐ Radical acceptance- accepting the current situation does not mean liking the situation
- ☐ Mindfulness- being present in the moment
- ☐ Meditation-  
<https://www.headspace.com/meditation-101/what-is-meditation>
- ☐ Identify “unhelpful thinking styles” as they lead to uncomfortable feelings
- ☐ Connect with your community, faith based
- ☐ Self Compassion



# PRACTICE...

❖ Today I'm having a tough time because....

❖ Today I practice self care by.....

❖ <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>



# WORKING WITH INDIVIDUALS WHO ARE EXPERIENCING ADDICTION AND MENTAL HEALTH CONCERNS

- ☐ Provide education to clients regarding their condition(s)
- ☐ Discuss how services have changed as some individuals may be expecting the same services as pre-COVID
- ☐ Recognize own capacity-develop a resource list mental health and addiction services (PROVIDED AT THE END OF PRESENTATION)
- ☐ Developing a multidisciplinary system for clients/patients and ourselves- the work is easier when we work with other professionals

# ***TREATMENT OPTIONS***

- ☐ Detox
- ☐ Inpatient treatment
- ☐ Outpatient treatment
- ☐ Medical interventions-replacement therapy, withdrawal/craving medication
- ☐ Psychotherapy/counselling (Public/Private)
- ☐ Individual/group, family/couple counselling
- ☐ Case management
- ☐ Peer support
- ☐ Online supports
- ☐ Safer use phone lines- Safer Use Peer Support Line: 1-888-233-5633 from 10 PM – 3 AM (Individuals using alone)
- ☐ Naloxone distribution agencies – partnered with public health
- ☐ Harm reduction services- distribution of safe injection kits

# ***ASYR SERVICES***

- ☐ Trauma informed
- ☐ Harm reduction strategies and referrals
- ☐ Client centered
- ☐ Holistic
- ☐ Culturally Safe



# ASYR PROGRAMS

## Medical

- COTP/Community Clinics
- RAAM (Rapid Access to Addiction Medicine)
- NRT – Nicotine Replacement Therapy
- Naloxone Distribution

For services call

1-905-841-7007 ext 322

## Non-Medical

- Adult (individual and groups)
- CWMS (community withdrawal management)
- Youth and family
- Umbrellas
- Housing first case management
- Outreach
- Back on Track
- Acudetox (on hold)

# COMMUNITY RESOURCES

☐ 310 Cope Crisis Line

☐ **1 (855)-310-2673**

☐ Women's Support Network Crisis Line

☐ **1 (800)-263-6734**

☐ Krasman Centre: Warm Line and Peer Crisis Support Services

☐ **1(888)- 777-0979**

☐ ConnexOntario

☐ **1-866-531-2600**

## **York Region Support Services**

<https://www.york.ca/wps/wcm/connect/yorkpublic/44efa216-93ed-40eb-a7c9-f3f6e6c8d63e/2019-CIS-Funded-Projects.pdf?MOD=AJPERES&CVID=mLVOKWC>

## **Toronto Support Services**

[http://www.migrationhealth.ca/sites/default/files/files/CommunityResourceGuideforNonStatusImmigrants\\_2010\\_English.pdf](http://www.migrationhealth.ca/sites/default/files/files/CommunityResourceGuideforNonStatusImmigrants_2010_English.pdf)

# Questions?



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