



## Hot Topics

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**Opioid problems are increasing** among people entering treatment programs in Ontario ([DATIS](#)). And with the use of Opioids increasing among young people in the general population ([OSDUHS](#)), there is real potential for even greater long-term pressures on treatment programs.

For example, CAMH's biannual high school survey found that Ontario students doubled their non-medical use of Oxycontin, since the previous survey, and that many of them were obtaining this opioid from their parents' medicine cabinet.

This increased prevalence is leading to problems of dependence. In the past, methadone treatment has primarily been associated with heroin use, however recent evidence has shown an increased association with prescription opioids. For example, data on admissions to addiction programs shows that only 2% of people had previously used heroin while 13% had previously used prescription opioids. Although methadone is not for everyone it has helped many people to recover and lead stable lives. Unfortunately, it is not always well understood.

"The common misconception is that methadone replaces one addiction over another," says Dr. Peter Selby, Clinical Director of Addiction Programs, CAMH. "The truth is that methadone when combined with counselling and support has been proven to improve our clients' quality of life and reduce criminal activity and drug-related death." [more>](#)



## Events

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**Prescription Opioids and Pain Management in Clinical Practice: Challenges and Strategies**  
CAMH in partnership with the Waterloo Regional Campus of the Michael G. DeGroote School of Medicine at McMaster University is offering a free, CME accredited workshop for physicians and pharmacists. **March 4, 2009.** Contact: [Kim Baker@camh.net](mailto:Kim.Baker@camh.net)

**Making the Connection Work:** Identification and Support for Older Adults with Mental Health and/or substance Use Problems, **April 7, 2009.** Contact: [Kim Baker@camh.net](mailto:Kim.Baker@camh.net)

## Local CAMH in the Community Projects

[Education and Training](#) | [System Planning and Development](#) | [Primary Care Prevention programs: FASD](#) | [Community Training](#) | [Strengthening Families Concurrent Disorders](#)

## CAMH Research

CFI Investment Catapults CAMH's Mental Illness and Addiction Research Forward [more>](#)

Fluctuations in serotonin transport may explain winter blues [more>](#)

Rethinking the Genetic Theory of Inheritance [more>](#)

## CAMH Resources

**Partying and Getting Drunk:** A new public information [brochure for youth](#)

Do You Know pamphlet series for high school students and adults...

**Do You Know...** [Opioids](#) | [Heroin](#) | [Methadone](#)

**New! Straight Talk pamphlet series:** [Street Methadone](#), [OxyContin](#), [Crack and Methamphetamine](#)

**Opiate Dependence Treatment Interprofessional Education Program** begins April 25, 2009 (online tutorials are open for two weeks) followed by a one-day workshop in Toronto on Saturday May 9, 2009. [more>](#)

**Prescription for Addiction** is a compelling documentary about the health and social risks of prescription opiate use. The film examines opioid dependence and the role of methadone treatment from multiple perspectives. [more>](#)



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