



# CAMH in the Community

Volume 1, Premier Issue

Spring 2010

Southwestern Ontario Area  
South West | Erie St. Clair

## Welcome to the Premier Edition of the CAMH Southwestern Ontario Newsletter

CAMH has a multitude of resources and materials and our intent is to share these with our community partners throughout Southwestern Ontario through *CAMH in the Community* events and newsletters. We hope that you find this edition useful and informative and we invite you to hit the “subscribe” at the bottom of the newsletter to receive future editions. We plan to have another edition in the Fall, so we welcome your comments and feedback. Please share these with me at [Sharon.labontejaques@camh.net](mailto:Sharon.labontejaques@camh.net).

Sharon LaBonté-Jaques, Manager  
Southwestern Ontario Area

## Hot Topics

### Harm Reduction – what is it anyway?

Harm reduction is a strategy to reduce harm caused by the use of alcohol, drugs and tobacco without requiring the cessation of use. Harm reduction provides for a variety of options that reduce the harms caused by the activity. Both the people involved in the activity and the families, friends and communities around them, can benefit from harm reduction strategies. Strategies include policies, program and practices with success measured in terms of individual and community quality of health. Success in harm reduction is not measured in the levels of substances a person is or is not using. The harm reduction approach views any movement in the direction of decreased harm, regardless of how small, as positive.

*Examples of proven harm reduction programs are:*

**Alcohol** – server intervention programs which decrease public drunkenness; hours of operation; random breath testing; wet shelters; and managed alcohol programs.

**Drugs** – needle and syringe distribution programs which prevent the transmission of HIV among injection drug users; safer crack use kits distribution; methadone maintenance programs.

**Tobacco** – environmental controls on tobacco smoking which limit the exposure to second hand smoke; nicotine replacement therapy; taxation on tobacco products; minimum age of purchase.

## Events

### London

#### **CAMH in the Community Understanding Harm Reduction**

Dr. Carol Strike

**Tuesday, May 18<sup>th</sup>, 1:00pm – 4:00pm**

Best Western Lamplighter Inn

Check for more information on this free event [more>](#)

#### **Framing the Phoenix Art Exhibition May 4<sup>th</sup>, 2010**

[The ARTS Project](#), London, Ontario

#### **Lunch ‘n Learns, 12pm – 1pm**

Regional Mental Health Care London

- **May 5** – Children’s Mental Health in the Education System
- **June 2** – Health Literacy and how to find appropriate health related info on the internet

Contact [Marla Banning](#) for more information

#### **Linking Cultures: Building Knowledge Exchange with Newcomers**

Certificate course being offered through Networking for an Inclusive Community & Fanshawe College

**April 14 – June 2, 2010**

For more information: [www.fanshawec.ca](http://www.fanshawec.ca)

### Owen Sound

#### **The Impact & Culture of Alcohol Use in Grey & Bruce Counties**

**April 22, 2010, Noon – 2:30pm**

Stonetree Golf & Fitness Club

Presenters: Ross Kentner and Dr. Jürgen Rehm

For more information please contact Marie Barclay, Grey Bruce FOCUS Coalition, 519.376.9420, ext 1405



## CAMH in the Community: Partnership with Windsor-Essex Drug Strategy Initiative

CAMH has always been an active partner in addressing substance use issues in Windsor-Essex County. On October 21, 2009, CAMH and the Windsor-Essex Drug Strategy Implementation Working Group/Harm Reduction Network co-sponsored the CAMH in the Community event "Understanding Harm Reduction: Role and Impact within Communities."

Over 130 local professionals representing such sectors as addiction, mental health, hospitals, police, education, family health teams and child welfare were on hand to hear Dr. Carol Strike, CAMH Senior Scientist, outline the benefits of harm reduction programs both for individuals and communities.

In addition to her presentation, local professionals from the Needle Exchange Program and the Drouillard Road Methadone Clinic gave overviews of their services and how they support individuals with substance use issues. A woman with lived experience provided a personal account of her struggle with addiction and the impact of methadone maintenance treatment in improving her health.

"The local drug strategy group and harm reduction network is currently exploring ways to conduct needs assessment and focus groups with substance users to determine their needs and determine what other types of harm reduction initiatives can assist individuals in improving their health outcomes," says CAMH Program Consultant Mark Erdelyan.

The event was covered by CBC Radio One Windsor, CBC Television Windsor and AM 800 CKLW Radio. If you would like more detail on this event, please contact: Mark, Program Consultant, CAMH Windsor Office.

## CAMH Resources

### [CrossCurrents](#)

*CrossCurrents: The Journal of Addiction and Mental Health* informs and educates health care professionals about the latest developments in the addiction and mental health fields from a Canadian perspective. It focuses on providing practical information that professionals can use in their work.

Check out these articles . . .

Confronting the Negative Spirit [more>](#)

Smokeless tobacco and the harm reduction debate [more>](#)

### [CAMH Harm Reduction: Its Meaning and Application for Substance Use Issues Position Statement](#)

### [KnowledgeX](#)

With the public launch of our KnowledgeX portal, CAMH provides the first electronic resource aimed directly at professionals working in mental health and addictions. Please take the opportunity to explore the portal.

## Related Resources and Research

<http://www.checkyourdrinking.net/>

[International Harm Reduction Association](#)

[Canadian Centre on Substance Abuse](#)

[The Canadian Harm reduction Network](#)

[Harm Reduction Coalition](#) (U.S.)

BC Centre for Disease Control – [Harm Reduction](#)

## Local CAMH in the Community Projects

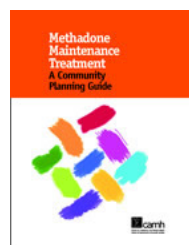
### [Education and Training Strengthening Families](#)



[Freedom to Act: The "Harm Reduction for Rural Youth" Project Experience](#)



[Methadone Maintenance: A Counsellor's Guide to Treatment](#)



[Methadone Maintenance Treatment: A Community Planning Guide](#)

**Donna Beatty, CAMH Program Consultant serving Grey & Bruce Counties from a Home Office in Owen Sound will be retiring on June 30, 2010.**

Donna chaired the recent planning for the CAMH webinar on the 2009 Ontario Student Drug Use Survey. It was the first time CAMH sponsored a provincial webinar to discuss the OSDUHS and 625 people participated throughout the province. The webinar was one of many projects she was involved with over the years. Donna is looking forward to this new phase of our life but acknowledges she will miss her CAMH & community colleagues. Thank you Donna for your contribution to CAMH and your community for the past 16 years.

## Contact us

Learn more about Southwestern Area & browse staff profiles [more>](#)

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