

Board Liaisons and Chairs Meeting

Low Barrier Harm Reduction and Safer Supply Services: What Boards Need to Know

November 1, 2023



Alliance for Healthier Communities
Alliance pour des communautés en santé

ACKNOWLEDGEMENT OF TRADITIONAL INDIGENOUS TERRITORIES

We recognize that the work of the Alliance for Healthier Communities and Alliance members takes place across what is now called Ontario on traditional territories of the Indigenous people who have lived here since time immemorial and have deep connections to these lands. We further acknowledge that Ontario is covered by 46 treaties, agreements and land purchases, as well as unceded territories. We are grateful for the opportunity to live, meet and work on this territory.

Ontario continues to be home to vibrant, diverse Indigenous communities who have distinct and specific histories and needs, as well as constitutionally protected and treaty rights. We honour this diversity and respect the knowledge, leadership and governance frameworks within Indigenous communities. In recognition of this, we commit to building allyship relationships with First Nation, Inuit and Métis peoples in order to enhance our knowledge and appreciation of the many histories and voices within Ontario. We also commit to sharing and upholding responsibilities to all who now live on these lands, the land itself and the resources that make our lives possible.

Housekeeping

Attendees are automatically muted.



Attendees are invited to turn their cameras on to interact with your fellow attendees



Live transcription can be enabled on your zoom toolbar to generate automated closed captioning



Attendees are encouraged to use the chat to ask questions or discuss with fellow attendees



You can toggle between gallery view and speaker view based on your preference

Help Desk

If you require assistance,
please send a **chat message**
directly to Corinne Christie

Or e-mail

Corinne.Christie@allianceon.org



Welcome!
Bienvenue!

M'Tallawin, Kweh, Boozhoo, Ahnee,
Shekóli, Shé:kon, Tansi, Watchiya



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Agenda

- Welcome and introductions
- Presentation from National Safer Supply Community of Practice
How to Build and Expand Low Barrier Harm Reduction and Safer Supply Services in your Organization
- Q&A
- Small group discussions
- Report back
- Other updates, upcoming events and wrap-up



Introductions: Member engagement committee

- **Cliff Ledwos**, Associate Executive Director, Director of Primary Health Care, Access Alliance Multicultural Health and Community Services
- **Denis Constantineau**, CEO, CSC du Grand Sudbury
- **François Seguin**, Board member, l'Équipe de santé familiale communautaire de l'Est d'Ottawa
- **Kirsten Woodend**, Board Chair, Peterborough 360 Degree NPLC





How to Build and Expand Low Barrier Harm Reduction and Safer Supply Services in your Organization

*Robyn Kalda, Knowledge Mobilization Specialist,
National Safer Supply Community of Practice*

Building and Expanding Harm Reduction and Safer Supply Services in Your Organization

1 November 2023



National Safer Supply Community of Practice
La communauté de pratique nationale sur
l'approvisionnement plus sécuritaire

Overview

- Harm reduction and safer supply
- Supporting and expanding harm reduction and safer supply services in your community
- Alliance member prescribed safer supply activities across Ontario
- Supports and resources

Harm reduction and safer supply



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NOTICE

NOTICE is hereby given that any person selling or giving, directly or indirectly, to Indians, any INTOXICANT, or any

INTOXICATING FLUID

in the form of patent or proprietary medicines, cordials or perfumes, either on or off their Reserves, will be prosecuted with the utmost rigour of the law, being liable to a fine of

\$300.00

and to SIX MONTHS imprisonment.

R. A. HOEY,

Director of Indian Affairs.

Department of Mines and Resources,
Indian Affairs Branch,
Ottawa.

Many, many deaths

Opioid-related deaths

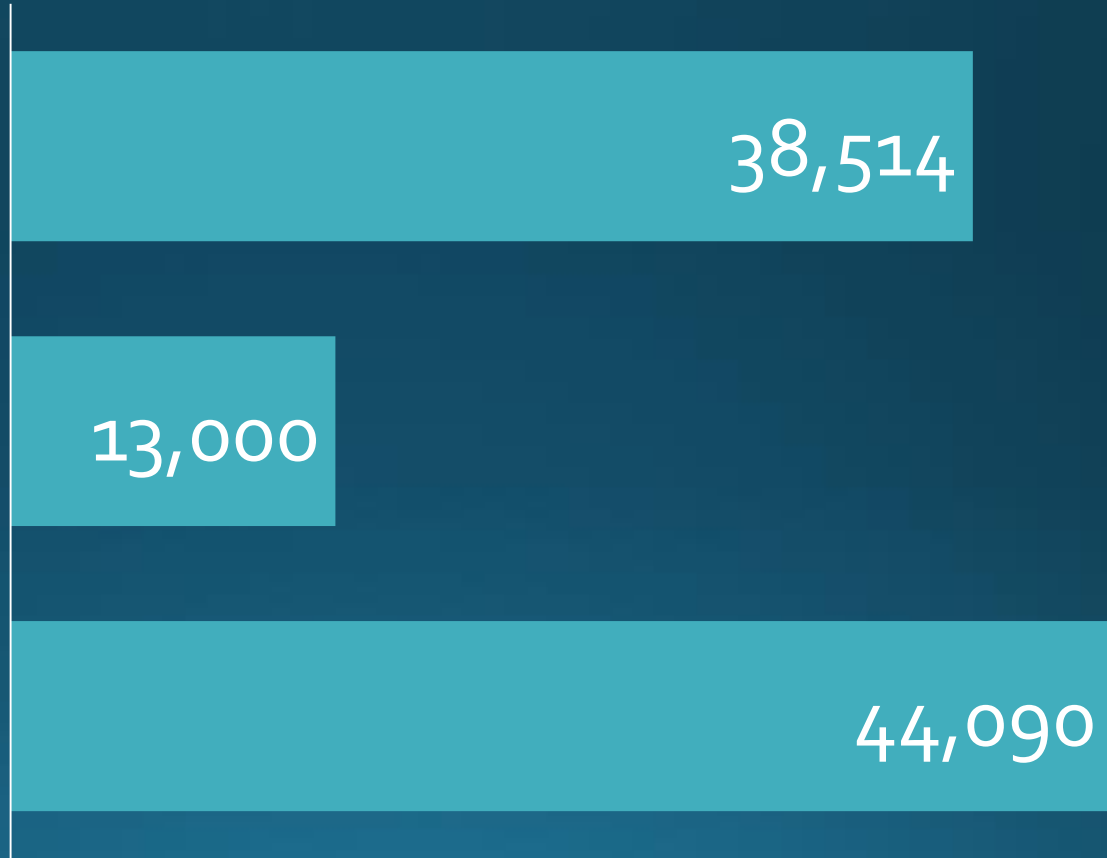
38,514

Car crash fatalities

13,000

WWII

44,090



Overdose vs. Poisoning

Drug Overdose

Taking too much of a known substance, resulting in an adverse effect

Drug Poisoning

Exposure to a toxic substance or combination of substances, resulting in an adverse effect

Beneficial use

Use that has positive health, social, or spiritual effects
Examples: medical pharmaceuticals, coffee or tea to increase alertness, a glass of wine to relax, sacramental use of peyote or ayahuasca

Problematic use

Use that has negative consequences for individuals, family/friends, or society
Examples: impaired driving, binge consumption, harmful routes of administration

Substance Use Health Continuum

Casual/non-problematic use

Recreational, casual use that has negligible health or social effects

Chronic dependence

Use that has become habitual and compulsive despite negative health and social effects

“Harm reduction is an evidence-based, client-centred approach that seeks to reduce the health and social harms associated with addiction and substance use, without necessarily requiring people who use substances from abstaining or stopping.”

CMHA Ontario



Matthew Binn

Program Director

Executive Director, Center for the Study of the History of the United States

SAFE SUPPLY

CONCEPT DOCUMENT

February 2019



Canadian Associa
#SAFESUPPLY CONCEPT DOC
16 PAGES | TAKE AS NEEDED | USE TO

SOURCE SÛRE

DOCUMENT CONCEPTUEL

Février 2019



L'Association canadienne des
personnes qui utilisent des drogues®

DOCUMENT CONCEPTUEL #SOURCE SÛRE

16 PAGES | PRENEZ LE NOMBRE D'EXEMPLAIRES QU'IL VOUS FAUT | SCUTÉZ-VOUS EN FIN D'ÉVITER LES SURDOSES MORTELLES | FAIT AU CANADA

CAPUD.CA

What is safe supply?

Safe supply

Legal and regulated supply of drugs with mind/body altering properties that traditionally have been accessible only through the illicit drug market

Prescribed safer supply

Prescription of pharmaceutical opioids and stimulants to people using street-acquired unregulated drugs

“Safer supply programs are not a form of substance use treatment, and instead seek to provide better options for people who use drugs who want to continue using drugs, but safely”

Haines, Tefoglu, & O’Byrne

Safer Supply Ottawa Evaluation: Fall 2022 Report

PRESCRIBED SAFER SUPPLY...

Gives medications of known strength and content to people who use drugs who are at high risk of overdose death.



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What's prescribed?

	Short-acting opioids	Long-acting opioid (opioid agonist therapy) backbone
What for?	Euphoric effect and/or craving and withdrawal management	Overdose protection and craving and withdrawal management
How?	Observed dose or dispensed daily at a pharmacy	Observed daily dose (sometimes people take home a second dose to use at night)
Which drugs?	<ul style="list-style-type: none">• Hydromorphone (Dilaudid®) tablets or liquid• Diacetylmorphine (heroin)• Fentanyl and fentanyl analogues	<ul style="list-style-type: none">• Methadone• Slow-release oral morphine (SROM) such as Kadian or M-Eslon• Fentanyl patches

THE GOALS ARE TO...

- ① Reduce overdose risk for people using unpredictable and very strong street drugs
- ② Reduce harms related to drug use
- ③ Improve people's overall health and wellbeing



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PRESCRIBED SAFER SUPPLY...

Helps people stay **ALIVE**, stabilize, and work towards their own goals.

People are **NOT** required to quit or use less drugs.



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PEOPLE ON PRESCRIBED SAFER SUPPLY...

Have tried treatments such as methadone and Suboxone[®] and found they weren't adequate.



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THIS IS NOT NEW...

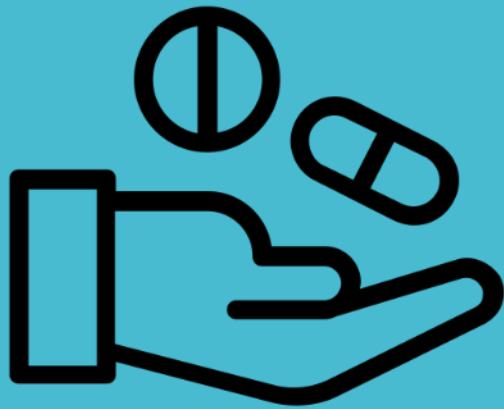
The drug user movement
has been calling for safe
supply for decades.



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Prescribed safer supply philosophy

People who use drugs are experts



Created by Andre Buand
from Noun Project

Care is client-centred



Created by Andre Buand
from Noun Project

Non-punitive,
harm reduction-
centred approach



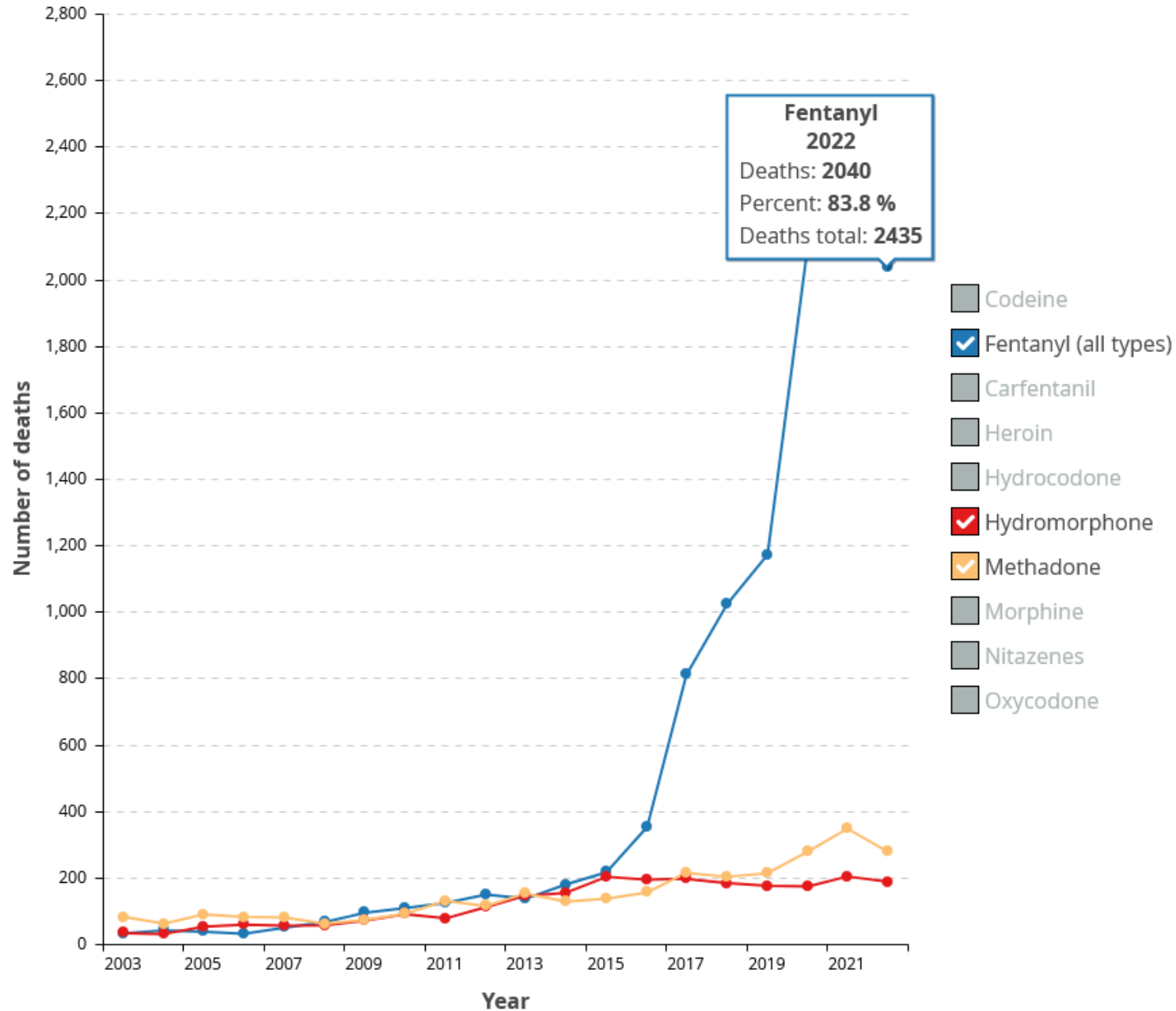
Created by Andre Buand
from Noun Project

Supporting and expanding harm reduction and safer supply services in your community



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Type of opioid present at death, Ontario, 2003 - 2022



Key message 1

The problem
is the
unregulated
drug supply

UNREGULATED DRUG SUPPLY...

- Refers to the unpredictable street supply currently circulating communities, also known as the illegal, illicit, or black drug market.
- Because the street supply is not regulated, the unregulated supply often contains lethal contaminants, harmful fillers/buffers, and other toxins, causing overdose and death.
- The unregulated drug supply is causing the toxic drug poisoning overdose crisis.



Key message 2

Evidence for prescribed safer supply exists and is growing

- Peer reviewed studies
- Program evaluations

Key message 3

Evidence shows that prescribed safer supply saves lives and improves well-being

PRESCRIBED SAFER SUPPLY SAVES LIVES & ENABLES LIFE



Reduces risk of
death & overdose

Reduces ER visits
& hospitalizations



Reduces reliance on &
use of unregulated drugs

Improves physical
& mental health



Increases access to & engagement
with health & social services

Reduces health
care costs



Improves social
well-being & stability

Increases flexibility &
autonomy over drug use



Key message 4

More options are needed across the continuum of care for people who use drugs, including harm reduction, prescribed safer supply *and* traditional addiction treatment

Supporting and expanding harm reduction and safer supply services in your organization



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WARMTH



Smile, have open body language, ask questions



Cultivate a welcoming and comfortable space



Get to know and understand the stories and lived realities of service users

TRUST



Maintain and protect confidentiality



Ensure consistency among staff regarding policies and procedures



Take time in difficult conversations to create meaningful closure

POWER



Evaluate your values when it comes to race, gender, sexual orientation, mental health, disability or drug use



Work with service users to develop care plans that work for them



Avoid being condescending, judgmental or parental

ACCESSIBILITY



Offer outreach and/or other ways to increase access to services when possible



Attend meetings or appointments with service users to advocate for them when necessary



Examine how your hours fit community needs

Alliance member prescribed safer supply activities across Ontario

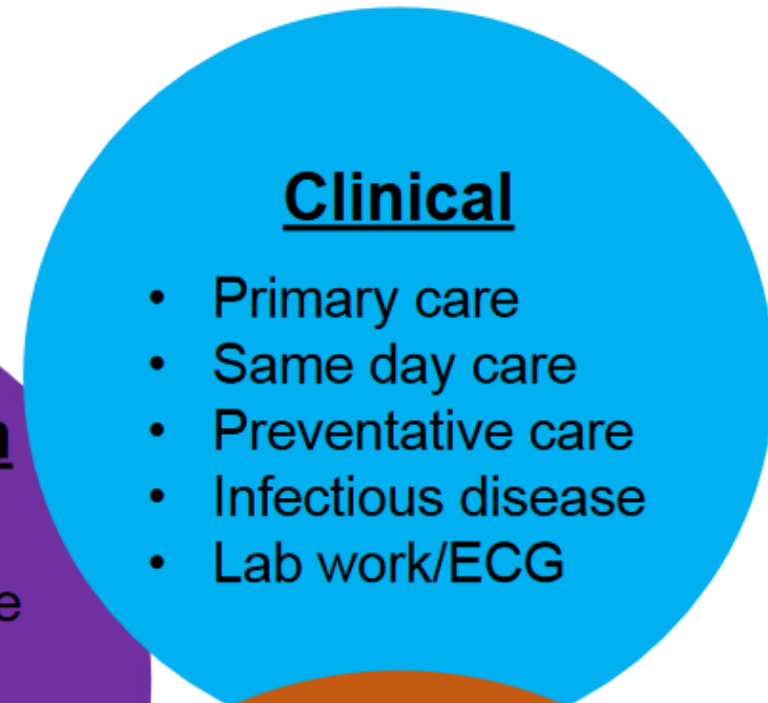
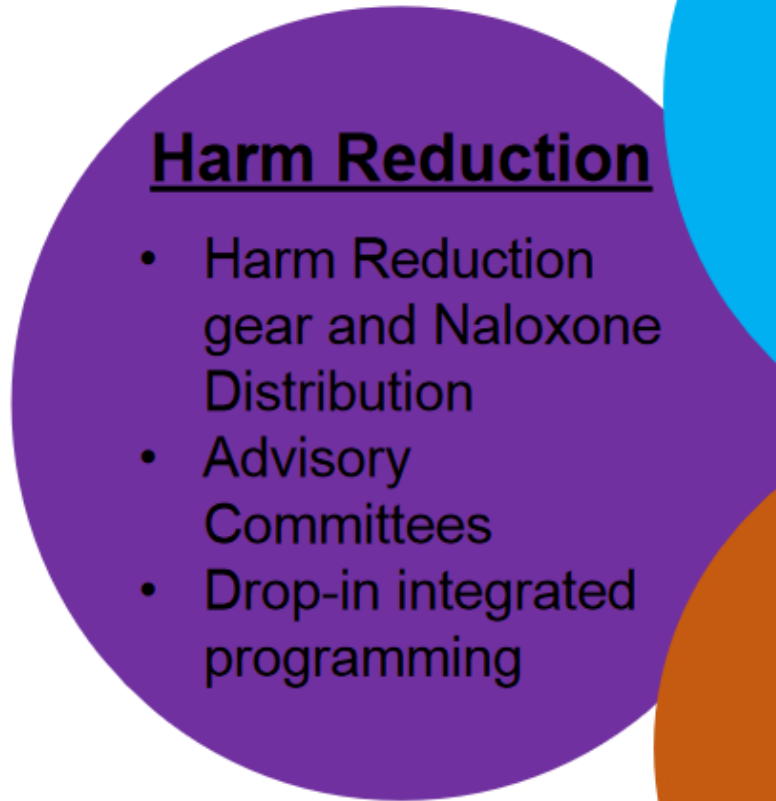


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Community Health Centre Model

- Harm reduction focused
- Not addiction treatment
- Patient determined outcomes
- Voices of People Who Use Drugs
- Low barrier care
- Assertive engagement
- Creative persistence
- Non-oppressive medical care
- Open door back into healthcare

(reference: Greg & Mish)



Prescribed safer supply at LIHC



London

- London InterCommunity Health Centre

Toronto

- Parkdale Queen West CHC
- Downtown East Collaborative Safer Supply Program: South Riverdale CHC, Regent Park CHC, Street Health

Peterborough

- Peterborough 360° NP-Led Clinic

Guelph

- Guelph CHC

Ottawa

- Safer Supply Ottawa: Recovery Care Ottawa, Somerset West CHC, Ottawa Inner City Health

Thunder Bay

- NorWest Community Health Centres

Brantford & Brant County

- Grand River CHC

Hamilton

- Hamilton Urban Core CHC

Supports and resources



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INFOGRAPHIC

Supportive Practices for Service Providers Working with People Who Use Drugs

WARMTH



Smile, have open
body language,
ask questions



Cultivate a
welcoming and
comfortable space



Get to know
and understand
the stories and
lived realities of
service users

RESEARCH SUMMARY



SELF-DIRECTED COURSE



LIGNES DIRECTRICES OU MANUEL

GRUPE DE TRAVAIL SUR LES PRATIQUES EXEMPLAIRES POUR LES PROGRAMMES DE RÉDUCTION DES MÉFAITS AU CANADA

Recommandations de pratiques exemplaires

POUR LES PROGRAMMES CANADIENS QUI FOURNISSENT DU MATÉRIEL
DE RÉDUCTION DES MÉFAITS AUX PERSONNES QUI CONSOMMENT DES DROGUES ET QUI
SONT À RISQUE POUR LE VIH, LE VHC ET D'AUTRES MÉFAITS POUR LA SANTÉ : 2021



LIGNES DIRECTRICES OU MANUEL

BCCDC Toolkit: Responding to opioid overdose for BC service providers

SOMMAIRE DE RECHERCHE





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<http://www.nss-aps.ca>

info@nss-aps.ca

WE ARE A
Knowledge
exchange
initiative.

LED BY:



London
InterCommunity
Health Centre



National Safer Supply
Community of Practice



IN PARTNERSHIP WITH:

CAPUD



Oahas
ONTARIO ABORIGINAL
HIV/AIDS STRATEGY



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WE SUPPORT

Healthcare and social service providers in offering a range of care options for people who use drugs at high risk of overdose and death.



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WE PROVIDE A

Space where health and social care providers and people who use drugs exchange information.

This includes:



PERSONAL
EXPERIENCES



PROGRAM
OPERATIONS



CLINICAL
EXPERIENCES



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Thank you! Questions?

Questions? Comments?



Small Group Discussion (25 minutes)

- Please select a facilitator in each group (if you don't have one)
- Report back 1-2 highlights from the conversation
- ✓ Quick introductions: name, organization
- ✓ Does your organization offer harm reduction and safer supply services?
 - If yes, what services do you provide? What have been some successes and challenges?
 - If no, have you had a discussion with your Board about offering harm reduction and safer supply services? What have been some challenges in bringing these services to your organization?
- ✓ What learnings and questions are you planning to bring back to your Board after today's meeting?
- ✓ How can the Alliance further support you in this work?



REPORT BACK

(15 minutes)



Other tools and resources

Register for the Governing for Health Equity Training today!

To learn more and register,
visit our website:

[https://www.allianceon.org/
Governing-for-Health-Equity](https://www.allianceon.org/Governing-for-Health-Equity)

The cost is \$750 per Board with **unlimited
access for three (3) years.**

For questions,
please email Oleksandra Budna at
oleksandra.budna@allianceon.org



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Governing for Health Equity

Training for Boards of
Community-Centred Health and
Social Services Organizations
Tool Book



Alliance for Healthier Communities
Advancing Health Equity in Ontario

Self-Assessment Tool

- Health Equity Charter resolution in November 2020: Alliance members committed to reviewing their progress putting Health Equity Charter into action on an annual basis.
- Help assess health equity work, identify strengths and challenges, develop key actions
- Short report outlining key successes, priority actions and additional supports required
- Available in [English](#) and [French](#) (portal access required)



2SLGBTQ+ Health Equity Plan Equity
Leadership Policy
Anti-racism Bias and Privilege Cultural Humility
Meaningful Inclusion Gender Equity Racial Equity
Partnership Collaborate BOARD CAPACITY
Advocacy Health Equity



Health Equity Charter

Self-Assessment Tool

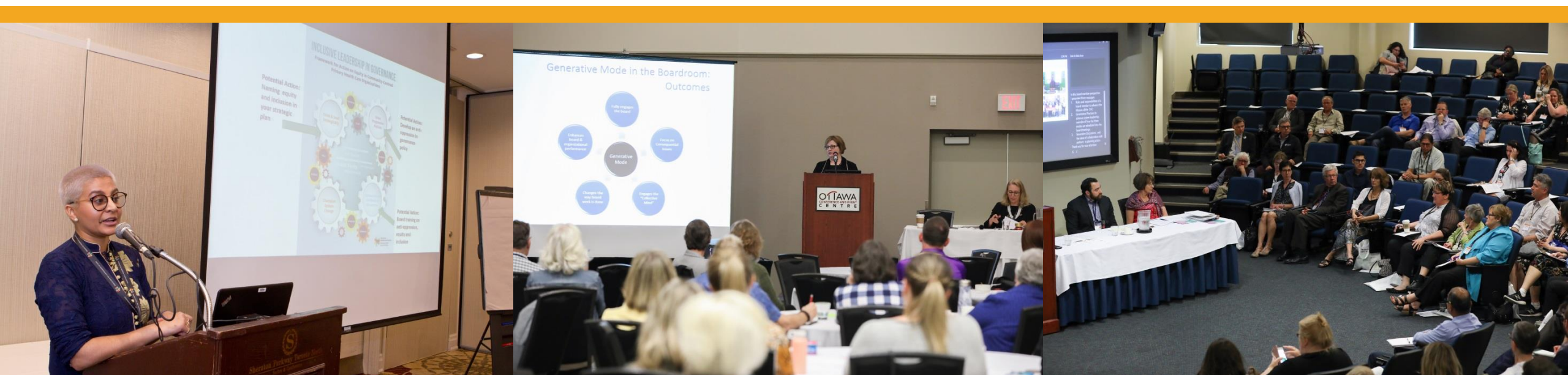


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Annual Conference: Board Governance Stream

Save the Date: June 5-6, 2024

What Board Governance topics and issues are you interested in?



Transformative Change Awards 2024

- Celebrate the innovative, ground-breaking work your organization is doing and leaders in your community by nominating them for one of the **Transformative Change Awards, Adrianna Tetley Legacy Award, Denise Brooks Health Equity Champion Award or Joe Leonard Award.**
- **Deadline to submit nominations: December 22, 2023**
- For more information, visit [our website](#)



Learn more about 2023 award recipients and watch Transformative Change Award videos on [YouTube](#).

Upcoming Events

- **Health System Changes webinar**

November 23 | 5:30-7:00 p.m.

Register:

<https://ca01web.zoom.us/meeting/register/u5Uvc-ivqzosGdxBe9TEDLCGm3FVnHCu0Yjl>



The background features a repeating pattern of wavy lines. The top row is a solid orange wave. The second row consists of a wave with a colorful geometric pattern of triangles in orange, green, blue, and dark grey. The third row is a solid green wave. The fourth row has a wave with a colorful geometric pattern in green, red, and dark grey. The fifth row is a solid teal wave. The sixth row has a wave with a colorful geometric pattern in teal, yellow, and dark grey. The seventh row is a solid red wave. The bottom row has a wave with a colorful geometric pattern in red, green, and dark grey. In the center of the page, the text "Questions? Comments?" is displayed in a bold, black, sans-serif font.

**Questions?
Comments?**



Merci!
Miigwetch!
Thank you!

Send questions to
oleksandra.budna@allianceon.org