



ADDICTIONS AND MENTAL HEALTH SERVICES
HASTINGS PRINCE EDWARD

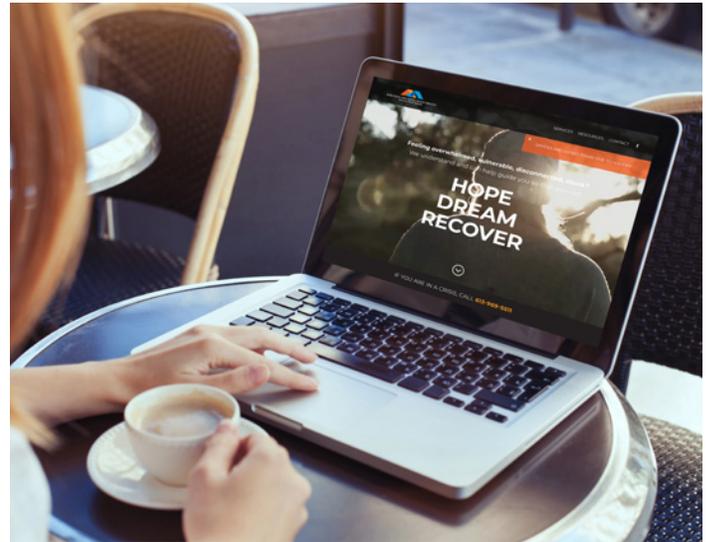
hopedreamrecover.ca | amhs-hpe.ca
facebook.com/amhshpe

VOLUME 3 • ISSUE 1 SPRING 2018

COMMUNITY CONNECTION

AMHS-HPE is in the process of adopting a bit of a shift when it comes to our web site and material. We're not rebranding but we are taking bold steps to stay true to our values of C.L.I.E.N.T.S. 1ST. To that end we are launching a new web site **HOPE DREAM RECOVER.ca** that is completely dedicated to those who are exploring recovery and treatment options from addictions and/or mental health challenges. The dedicated web site is designed to not use lingo or acronyms but rather laypersons terms. The site is far easier to navigate using a smart phone and includes ease of a person referring themselves directly from the front page.

AMHS-HPE will retain and upgrade the corporate web site however this site is focused more for other health service providers, funders, corporate interests, Governance, etc.



OPIOID Management Program

AMHS-HPE, Belleville & Quinte West Community Health Centre, Peer Support South East Ontario (PSSEO), Quinte Health Care and Public Health HPE have joined together to offer Hastings Prince Edward citizens the first integrated health care strategy to those who want support and treatment from Opioid use. AMHS-HPE is sponsoring the Opioid Management Program where the five organizations each contribute their rich expertise and specialty resources to support a person to manage their opioid use, overuse or dependency.

The use of opioids is a national, provincial and local crisis and the aforementioned five health care providers have developed a wrap-around team approach to assist someone to manage their opioid use including titration from the substance if it is at all possible.

The **HOPE DREAM RECOVER.ca** web site will provide you with all of the services that the OPIOID Management Program offers as well as the hours of operation which include evenings. The OPIOID Management Program is a walk-in service as well as by physician referral. We want to make it as easy as possible for anyone seeking support to manage their use of opioids. 

It is critically essential that the organization is here for the people of Hastings Prince Edward who want and need our services. We don't need to make it a cumbersome and confusing process for someone who is seeking relief from their pain.

The new web site is to make it simpler and faster to get the help that you need.

AMHS-HPE will be formally launching the web site during Mental Health Awareness Week, May 7-11. During this week, AMHS-HPE will be hosting an afternoon Open House on May 9 from 2-4 p.m. at the Belleville office, 15 Victoria Avenue, Belleville. We recently relocated to this facility and would like to invite anyone interested in learning more about our services to stop in.

Feeling
**OVERWHELMED,
VULNERABLE,
DISCONNECTED,
STUCK?**

We understand and can guide you
on your **journey to wellness.**



CONNECT
CALL
310-OPEN (6736)



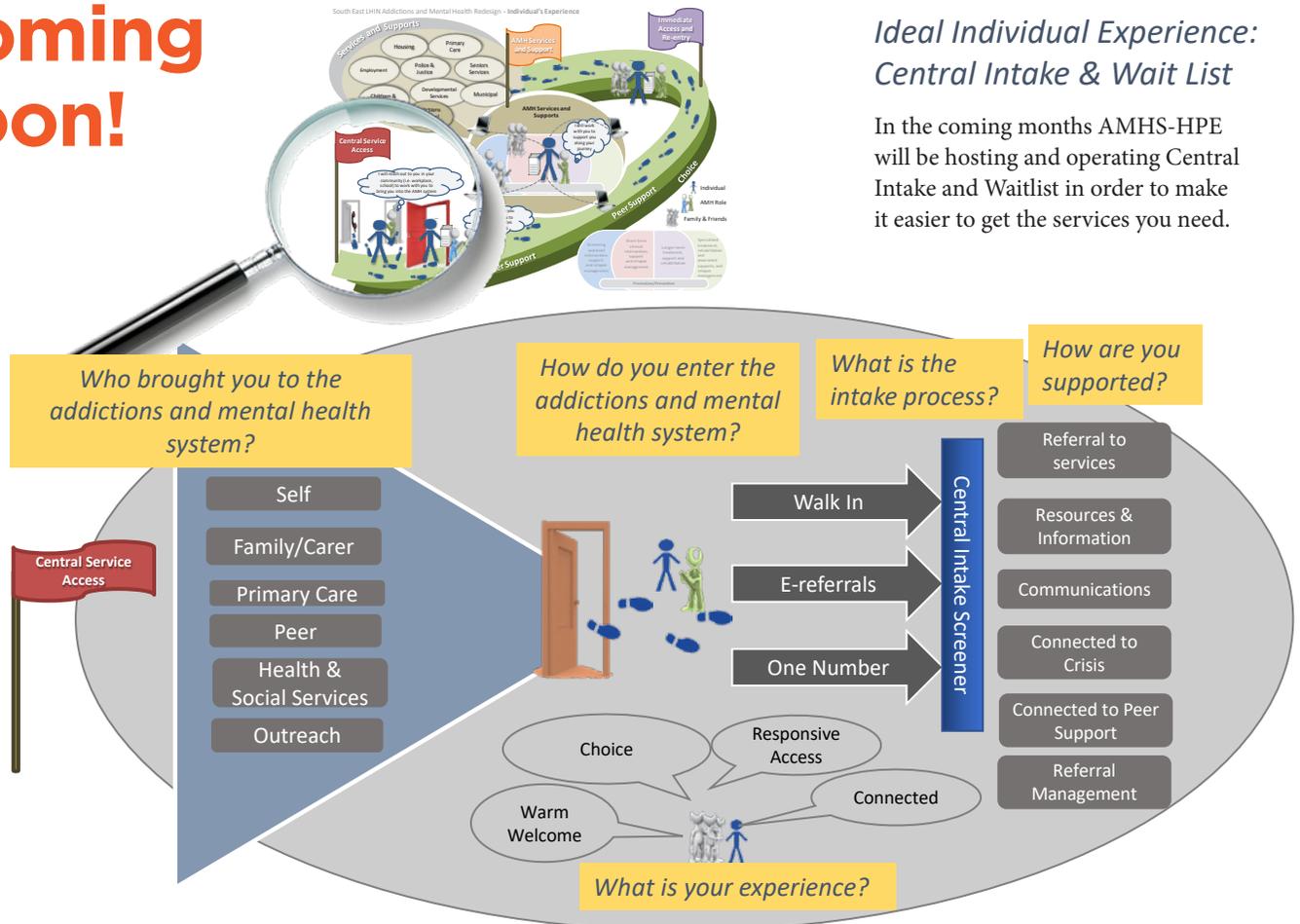
MEET
WITH AN
INTAKE COUNSELLOR



PLAN
YOUR
RECOVERY

Or visit: **hopedreamrecover.ca**

Coming Soon!



OPIOIDS & NALOXONE

In recent years, we have seen a lot of attention in the media focused around the “opioid crisis” in Canada. According to the Government of Canada, opioids “are drugs with pain relieving properties that are used primarily to treat pain. Opioids can also induce euphoria (feeling high), which gives them the potential to be used improperly. Opioids can be prescribed medications (codeine, fentanyl morphine, oxycodone, hydromorphone). Opioids can also be produced or obtained illegally”. Canadian Press, December 19, 2017, reported that in the first 6 months of 2017 at least 1460 people died from opiate overdoses, a number that is expected to rise. In response to the “opioid crisis”, there has been a movement to allow easier access to a drug called Naloxone, or Narcan.

Naloxone is a medication that can temporarily reverse the effects of an opioid overdose. Signs of overdose can be: unresponsiveness, pale face, blue-coloured lips or fingernails, slowed heart rate, difficulty breathing or respiratory arrest, pinpoint pupils and/or choking sounds. Naloxone blocks the effect of opioids on the brain. According to Hastings Prince Edward Public Health (August 31, 2017), Naloxone “works by temporarily reversing the effects of opioids in the brain and restoring normal breathing in the unconscious person”. It is administered through injection or a nasal spray. Giving naloxone

can prevent death or brain damage from lack of oxygen due to an overdose. Naloxone will only work on opioid-related overdoses. It is important to remember that a lot of other drugs are cut, or mixed, with opioids. If a person has used **any** drugs and is showing signs of an opioid overdose call 911 and give Naloxone immediately.

Naloxone will begin to work within 1 to 5 minutes. It is not uncommon for repeated doses to be required if signs of overdose are still present. The effects of Naloxone will last for 30 to 60 minutes. If opioids remain in a person’s body after that time, the overdose can return. This is why it is important to call 911 immediately. Some people have concerns about calling 911, given the illegality of drug use. To address this, the Government of Canada enacted *The Good Samaritan Drug Overdose Act*. This act provides some legal protection to those who seek help due to an overdose. The act protects people from: charges for possession of a controlled substance (i.e. drugs), breach of conditions regarding simple possession of controlled substances (i.e. drugs) in pre-trial release, probation orders, conditional sentences, parole.

Locally, anyone in the community can obtain a Naloxone kit from most pharmacies or the Hastings Prince Edward Public Health unit – you will need to present your health card in order to obtain one. 🏠

Spring 2018



Welcome, Springat last!. Spring is all about new growth and renewal. In this edition, we will talk about renewing limits, by setting boundaries.

Boundaries help to create healthy relationships. Our boundaries help to establish expectations about appropriate behaviour and responsibilities from people that we spend time with.

How do you know if your boundaries are being crossed?

Passive behaviour – If you find yourself never saying NO to requests and then feeling resentful, then your boundaries are probably crossed frequently.

Enabling – If you as a parent or partner are totally focussed on your family having all their needs met, even at the expense of yours, then you are mostly likely having your boundaries crossed.

Pleasing – If you focus on taking care of everyone else and avoiding conflict at any cost, then, you guessed it..your boundaries are being crossed.

How to set healthy boundaries:

1. Determine what your needs are ...and believe that you are entitled to them.
2. Communicate clearly and assertively what you need and expect from the other person.

Some examples:

“I will be happy to discuss that with you, when you are able to stop yelling”

“I will drive you to the dance, when you have finished your laundry chore”

“ You may borrow my car as long as you refill the gas tank when you are done with it”

Clear communication and boundaries lets everyone know how they are expected to act to be respectful to you. Setting expectations is something that people will be exposed to all their lives, at work, in school and in friendships. So...for your spring renewal...set some boundaries that will renew respect and pride and help you grow as a person. 🏡

Online Self-Help



Big White Wall®

You're not alone.

Join a safe and anonymous peer support community that is accessible anytime anywhere.

Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it.

bigwhitewall.ca



BounceBack® reclaim your health

BounceBack® is a free skill-building program designed to help youth and adults (15+) manage symptoms of mild to moderate depression and anxiety. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.

ontario.cmha.ca/bounce-back-ontario

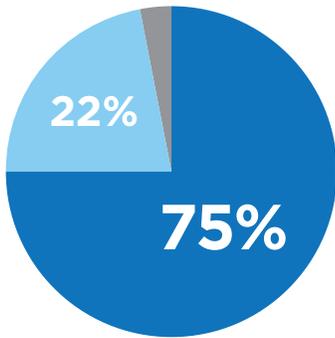
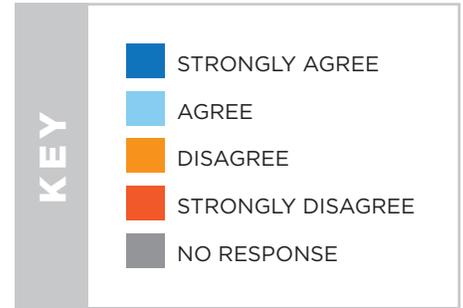
Healthy boundaries = healthy relationships #selfcare

We heard you!

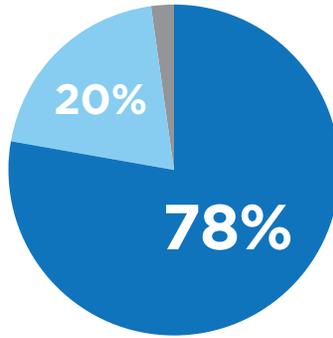
Ontario Perception of Care Results

The Ontario Perception of Care Tool for Mental Health and Addictions (OPOC-MHA) is a standardized way for gathering client feedback on the quality of care received across both community and hospital settings. This tool helps bring

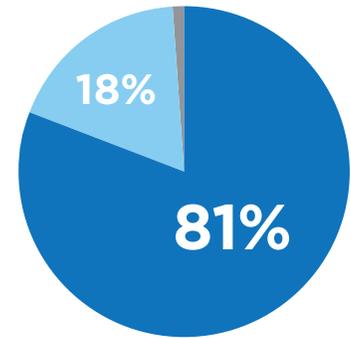
client's voices forward as a source of evidence to support program, agency and system quality improvement efforts. Clients also are given the opportunity to express what they feel and think about their experience and care, which is of paramount importance. 🏡



Staff understood and responded to my needs and concerns.



Staff believe that I can grow, change and recover.



If a friend were in need of similar help I would recommend this service.

89%

Felt safe in the facility at all times.

95%

Felt comfortable asking questions.

74%

Would know how to make a formal complaint if they had a serious concern.

Safe & clean. The staff. They are amazing! Helpful, knowledgeable and extremely friendly.

The ease of access and the friendly and non-judgmental environment were all very helpful for me.

Life changing.

I enjoyed the facility, it felt like a home away from home.

Our complaint procedure has been identified from the OPOC as a quality improvement initiative for the coming year. AMHS-HPE will be posting information in each of our waiting areas regarding the complaints procedure, our rack cards have been updated, information is included in client orientation packages, and staff will be updated on the changes and instructed on the positive outcomes that come from addressing client concerns.

**Combined percentages of participants who strongly agreed or agreed.*



Ontario

South East Local Health Integration Network

Réseau local d'intégration des services de santé du Sud-Est



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