



Northern Ontario Addictions Treatment

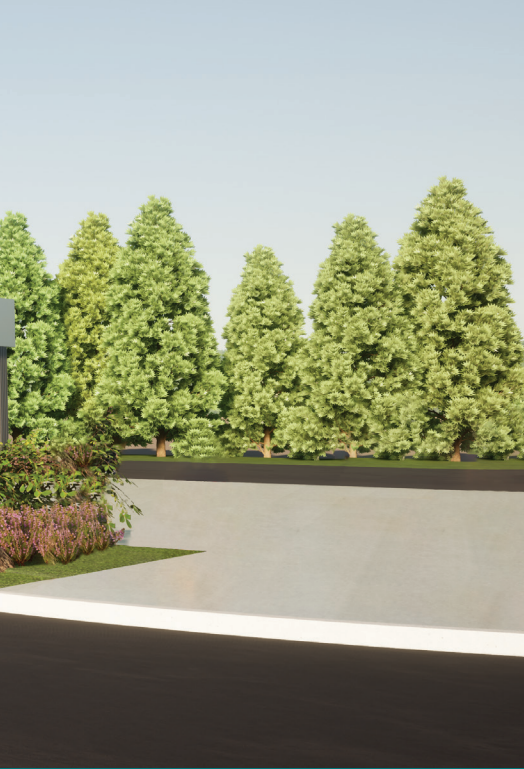
Centre of Excellence





Table of Contents

Introduction	Page 3
Mission Statement	Page 3
Message from the President and CEO	Page 4
Background	Page 5
Message from the Director	Page 5
Message from Dr. Zsolt Toth	Page 6
Physician Services	Page 7
Model of Care	Page 8
Message from Scott Tod, Chief of Police, North Bay Police Service	Page 10
Our Future	Page 11



Introduction

In February 2022, Canadore College announced the development of the Northern Ontario Addiction Treatment Centre of Excellence. This new treatment centre will be a healing, education, and wellness hub, and will offer treatment services tailored to the needs of each client.

Wendy Prieur, a leader in addiction treatment services for more than 25 years, has been named director of the centre.

The following report aims to answer the public's questions and inform the community about the Northern Ontario Addiction Treatment Centre of Excellence.

Mission Statement

The mission of the Northern Ontario Addiction Treatment Centre of Excellence is to be a place of healing, education, and wellness.

- To restore those suffering from addiction back to healthy mind and body.
- To educate future professionals for the health and human wellness sector.
- To provide training opportunities for clients to improve their chance of success.
- To practice daily healthy habits to attain improved physical and mental health outcomes.



Message from the President and CEO

Welcome to the first report from the Northern Ontario Addiction Treatment Centre of Excellence. The Centre's vision is to become a hub for healing, education, and wellness, and to provide addiction treatment services closer to home for people from across northeastern Ontario. It is important to note that this is a regional treatment centre, and that agencies currently engaged in North Bay and Nipissing will continue doing their excellent work. Canadore College maintains a strong commitment to the communities it serves, and our vision to support people through a health and wellness continuum of care model remains a long-standing goal.

Canadore College is pleased to be leading the charge to provide much-needed addiction treatment services in Northern Ontario. This 53-bed facility will be located at 352 Lakeshore Drive in North Bay. It will provide withdrawal management, residential and supportive treatment beds, and services tailored to the needs of each client. Services will be available to the diverse populations of Northern Ontario, including francophone and Indigenous peoples. Services will be free to clients with costs being covered by the Ontario government and private health insurance.

Canadore College will manage the Centre. A team of medical specialists and addiction experts will be led by an experienced director. The service and treatment model fits with the College's vision for The Village, the first health and wellness educational facility of its kind in Canada that blends Indigenous, Eastern, and Western practices. These practices all embrace the holistic concept of a healthy mind, body, and spirit. As this new addiction treatment centre integrates with existing service providers, Canadore students will benefit from experiential learning opportunities under the guidance of an interprofessional team of faculty and professionals. Indigenous studies programs offered through The Village will support culturally safe and appropriate services for Indigenous clients.

The Treatment Centre will not be a dispensary, a safe injection site, or a drop-in centre. Only those receiving treatment and those providing treatment and support will be on the premises.

Clients can self-refer to the Centre or be referred by a medical professional or community partner for treatment. The Centre will be staffed 24 hours a day, 7 days a week, and the premises will be closely monitored to ensure the safety and well-being of clients, employees, and the community.

Canadore College is pleased to be able to offer this additional capacity to fight the growing problem of addiction in the region.

George Burton
President and CEO, Canadore College



Background

Recent studies have shown that opioid-related deaths increased by almost 80% during the first two waves of the global COVID-19 pandemic, with rates in Northern Ontario being three times higher than in other parts of the province.

Due to the surge in demand for addiction treatment across the province, the Ontario government has invested \$90 million over three years to support almost 400 addiction treatment beds, helping to stabilize and provide care for approximately 7,000 clients per year. The Ontario government has placed a significant focus on investing in community-based supports to help reduce the burden of in-patient and emergency hospitalizations. On Friday, February 16, 2022, the government announced it was investing \$6.84 million through the new Addictions Recovery Fund to enhance access to bed-based addiction treatment support for Northern Ontario through Canadore College.

The idea for the treatment centre is based on a number of reports that developed out of community roundtables with municipal officials, service providers, and citizens who were responding to the frustration of service gaps, lack of dedicated resources, and under-resourced communities.

It is well known that treatment and support work best when delivered close to home. The new Northern Ontario Treatment Centre of Excellence will address this truth while at the same time reducing the burden on emergency departments and hospitals across the North.

Message from the Director

Addiction is a chronic illness that directly affects one-fifth of the population. As such, the call for addiction services continues to escalate, resulting in additional programs being required to meet the needs of individuals suffering from this disease.

As a continuation of The Village's healthcare model, I am very excited to be a part of the Northern Ontario Addiction Treatment Centre of Excellence. This medical and therapeutic centre will offer a continuum of care model that is inclusive and holistic. Levels of care will include residential withdrawal management, residential addiction

treatment, and residential supportive treatment.

Our interdisciplinary team will design and provide client-centred trauma informed care plans to ensure that we are meeting the needs of our clients in their recovery journey.

We will also be excited to assist in the training of students in a variety of fields of study, including mental health and addictions, nursing, recreation and leisure as well as culinary.

We look forward to the opening of the centre, and working with partners in our community and regional/district healthcare system.

Wendy Prieur
Director, Northern Ontario Addiction
Treatment Centre of Excellence





Message from Dr. Zsolt Toth

"As a physician that has worked in primary care, emergency rooms and addiction programs, I have seen the devastation addiction has caused people, families, and communities. Recovery and a drug-free life is possible – I have seen it. Evidence-based treatment programs with pathways for drug users to enter treatment, pursue recovery, and transition to a drug-free life over time is the best model for people with addictions. This is what the Northern Ontario Addiction Treatment Centre of Excellence embodies, and I have no doubt it will change people, families, and communities for the better."

Dr. Zsolt Toth, MD MPH CCFP





Physician Services

Physicians will provide medically monitored withdrawal services, addiction treatments, and supports to individuals who are addressing complex and/or chronic substance abuse and related issues in an intensive rehabilitation setting. These treatments will be informed by best practices and individualized to patient medical needs and goals.

Physicians will provide wrap-around services with safe, non-judgmental, and comprehensive primary care for medical and mental health conditions to patients from vulnerable populations including Indigenous persons and individuals with gender diverse identities.

Patients within this vulnerable population often do not seek routine primary care in the community due to lack of access, mistrust of the medical system, or concerns of the stigma associated with their substance abuse/use. Therefore, for some individuals, this may be the first interaction with a medical practitioner in recent history which may result in new medical diagnoses of acute and chronic conditions requiring stabilization of untreated medical conditions.

Physician services will collaborate with community specialists to provide appropriate consultant services for patients requiring specialist care.

In addition to collaborating with medical specialists, physician services will collaborate with psychiatrist consultants to provide patients who have undiagnosed dual diagnoses – concurrent addiction and mental health diagnoses – with medical/psychiatric stabilization services available in the community and facility resources.

Model of Care

The Northern Ontario Addiction Treatment Centre of Excellence will offer a continuum of care to clients beginning prior to their arrival at the centre until they are discharged as well as post treatment services. In addition to residential addiction treatment therapeutic services, there will be 24/7 nursing care (Registered Nurses and Registered Practical Nurses), on-site primary care, and mental health supports. The comprehensive range of services will be tailored to specific client needs and will evolve over time as those needs change.

The centralized services and in-house intake process will enable the centre to track clients referred for admission. This will eliminate clients being stranded within the health system and reduce wait times.

Intake and Assessment

The intake and assessment process will determine the level of service the client requires. Once this process is complete, the client will be given an admission date and will be assigned a primary therapist for the admission process.

Physician Partners

Upon admission, the attending physician will assess the client's current health status and needs, determine medical treatment needs to support the client's recovery, and provide primary care, support, and services during treatment. The attending physician will collaborate with the treatment centre staff to ensure optimal care is provided. The client's discharge will be managed in consultation with the treatment centre staff. The physician may remain as the client's doctor after discharge or make necessary referrals to home communities.

Northern Ontario Addiction Treatment Centre of Excellence Programming

An individualized treatment goal plan will be developed collaboratively with the client, their primary therapist, and the in-house treatment team. The treatment goal plan will be a living document throughout the client's residency and, when the client and primary therapist determine the plan is nearing completion, a comprehensive discharge plan will be developed.





Program Service Levels

Residential Withdrawal Management Services:

- Voluntary withdrawal from alcohol and drugs for individuals under the influence who may be in withdrawal or in crisis related to these substances;
- Services may be provided with or without the aid of drug therapy or medical intervention;
- Recipients have 24-hour on-site access to support; and
- Programs may provide medical, nursing, or psychiatric support.

Residential Addiction Treatment Services:

- Intensive, time-limited treatment in a structured, substance-free environment;
- Services are for more complex and/or chronic substance use;
- Recipients have 24-hour on-site access to support; and
- Programs may provide medical, nursing, or psychiatric support.

Residential Supportive Treatment Services:

- Safe, substance-free accommodation with low to moderate intensity of services and level of support appropriate for longer-term treatment; and
- Additional stabilization and support for patients to integrate into the community. Support is generally provided through peer mentoring, group work, education, life-skills training, and individual counselling.

Discharge Planning

The client's discharge plan will help with a post-care model of service to ensure optimal recovery and will include relapse prevention strategies and continuing care options available in the client's home community. The plan may include in-person or virtual outreach support, peer support through a 12-step program, outreach counselling, or re-admission to residential services if necessary. Upon approval of the discharge plan by the centre's director and physician(s), the client will be discharged.

Message from Scott Tod, Chief of Police, North Bay Police Service

As police, we regularly interact with individuals who struggle with mental health and addiction, both as victims of crime and as perpetrators. In too many of these instances, these individuals have slipped through the cracks of the system.

It is the job of police to make arrests after crimes occur and to ensure justice for victims, but I believe that the best method to lower crime rates in the long term is to prevent crime from happening in the first place through a robust support system. This way, we ensure that individuals receive the help they need before they ever interact with the police and the broader justice system.



Institutions like the Northern Ontario Addiction Treatment Centre of Excellence move us closer to this goal. The challenges of mental health and addiction are evident in North Bay, as they are across communities in Northern Ontario. I am glad that our community is home to the new treatment centre to ensure that the unique circumstances and challenges of the North are taken into account. The North Bay Police Service and Canadore College have a long, productive relationship, and I look forward to strengthening that relationship through this important initiative.

Scott Tod
Chief of Police, North Bay Police Service



Our Future

The Northern Ontario Addiction Treatment Centre of Excellence will provide outreach monitoring for discharged clients to prevent potential relapses as well as provide readmission services if/when required. The expectation is that the facility will attract students to the College's School of Health Science as it is incorporated in the curriculum. The facility is important to health and wellness care in Northern Ontario as it addresses a regional need for addiction treatment. Canadore College will train students to help fill the gap in healthcare workers across the region.

As part of the client's recovery program, Canadore will encourage clients to enrol in courses offered by the College for life skills training and educational upgrading to help guarantee success in recovery and set the client on the path towards finding employment.





Northern Ontario Addictions Treatment Centre of Excellence