

Ontario Regional Addictions Partnership Committee (ORAPC) Newsletter

Check out the ORAPC Website at ontario.NNADAP.org for more information and resources.

What's new?



ORAPC has a newly created Facebook Page and has reactivated their Twitter account.

Click on the icons on our website, like and follow us for up-to-date information affecting NNADAP Workers today!

Facebook:
ORAPC -Home / Facebook

Twitter:
ORAPC
(@OntarioNNADAP) |
Twitter

For more information about ORAPC contact Kimberly Snake, ORAPC Coordinator at orapc.ontario@gmail.com or call 1-519-692-4755



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Cannabis – What to Know

Cannabis Act

Cannabis became legal in Canada on October 18, 2018. The Cannabis Act provides the legal framework and regulation of the production, distribution, sale and possession of cannabis in Canada.

The main purpose of the Cannabis Act is to:

- Prevent youth from accessing cannabis; and
- Stop the illegal cannabis market.

Adults, 19 years or older, in the Province of Ontario, can use cannabis and buy the product(s) from a licensed seller – up to 30 grams (approx. 1 ounce) at one time. It is a criminal offence to share cannabis with a minor or to purchase it from unauthorized stores. (For a copy of the Cannabis Act and to learn more, visit <https://laws-lois.justice.gc.ca/eng/acts/C-24.5/FullText.html>).

Is Cannabis Addictive?

According to the Government of Canada and independent research studies, frequent and heavy use can cause people to become physically dependent and addicted to cannabis.

The brain does not stop developing until the age of 25. The younger you begin using cannabis and the longer you use it can have negative effects on your brain. Short term effects can include relaxation, increased sociability, however, it can also include:

- Problems with memory and learning

- Trouble with problem solving
- Body tremors and loss of motor coordination
- Increased heart rate

Medical Cannabis

So much is written about medical marijuana but what does it really mean? First, it's important to know that there are 66 natural compounds found in the cannabis sativa plant. The two (2) most important compounds are:

- THC or tetrahydrocannabinol; and
- CBD or cannabidiol.

Both THC and CBD react with cannabinoid receptors found in the human body (brain), however each compound has different effects. THC is the compound responsible for the 'high' and creating an intoxicating affect while CBD does not produce a "high". Studies have shown that people taking CBD are using it to manage pain (chronic, cancer-related, etc.), neurological conditions, nausea and anxiety.

Driving while Under the Influence

Like drinking and driving, it is illegal to be under the influence of cannabis while driving. If you are found to be impaired by cannabis, the following penalties may apply:

- Immediate license suspension
- Fine
- Vehicle impounded
- Criminal record

Kids Help Phone



In November of 2018, Kids Help Phone launched a confidential texting service that is monitored in real-time by over 700 volunteers across Canada.

Youth utilizing the services are in their late teens and/or young adults who are experiencing depression, relationship issues and feelings of isolation.

In an 8-month testing period, 13,000 texting conversations happened when youth reached out for help.

**Kids across Canada
can text**

686868

**And be connected to
trained helpers**

Visit Kids Help Phone
<https://kidshelpphone.ca>
for more information on
services, volunteers and
additional resources.

Native Horizons Treatment Centre Fire



The Fire

On Thursday, December 13, 2018, at approximately 11:30pm, a fire broke out at the Native Horizons Treatment Centre located on the Mississaugas of the New Credit First Nation.

The building was unoccupied at the time of the fire and no injuries were reported. Damage was sustained to the north wing of the building with estimated damages totaling \$400,000.

The investigation continues as to the cause of the fire.

History of Native Horizons

In 1982 a review of the NNADAP program was expanded to include drug abuse and treatment.

Communities in southern Ontario were asked to submit tenders for a new treatment facility. After much review and consideration construction began on the New Credit First Nation in 1989.

In 1990, the building was completed and Native Horizons offered their first 6-week program.

Services & Clientele

Since that opening day 25-years ago, Native Horizons has offered 152 6-week programs, 32 2-week follow-up programs, 6 family programs, 5 youth camp programs and 4 10-day *Hold on To Your Hearts* programs and many more workshops, training sessions, etc. Over 1,000 people have graced the doors of the treatment centre.

Feeling Grateful

Wanda Smith, Executive Director of Native Horizons, has found reasons to be grateful in the midst of this devastating loss to staff, clients and the Board of Directors. She is especially grateful that clients graduated a day earlier than expected, that the fire happened at night and that no one was in building.

Moving Forward

The Board and staff have met and are in the process of developing plans for moving forward. Space will be found to house staff and to re-build.

“I would like to commend the amazing staff and Board members for their continued dedication, commitment (to the well-being of the clients and themselves) and their love and caring for the family that is Native Horizons”.

**Wanda Smith,
Executive Director**

On behalf of the Ontario Regional Addictions Partnership Committee (ORAPC) and NNADAP Workers (community-based and treatment centre), we extend to Wanda and her entire team all our love and support as they start the process of rebuilding.

Photos from the Brantford Expositor & NHTC website

Retention Incentive

The First Nation Inuit Health Branch (FNIHB), Indigenous Services Canada offers NNADAP Workers (community-based and treatment centre) a \$4,000 retention incentive if they are recognized by one of three addiction certification bodies, namely:

1. Indigenous Certification Board of Canada (ICBOC)
 - www.icboc.ca, (604)874-7425, Email: admin@icboc.ca
2. Canadian Addictions Counsellor Certification Federation (CACCF)
 - www.caccf.ca, (866) 624 1911, Email: info@caccf.ca
3. Canadian Council of Professional Counsellors (CCPC)
 - www.cpcpa-rpc.ca, (250) 558-3323, Email: ifo@cpcpa-rpc.ca

For additional information regarding certification, please contact the above-noted organizations directly.

Currently, there are 117 First Nation communities and 11 Treatment Centres in Ontario that receive NNADAP Funding from FNIHB. As of October, 2018, only 27 NNADAP community-based workers and 63 NNADAP treatment centre workers are receiving the retention incentive at \$4,000. This amount totals \$360,000 paid to 90 certified workers by FNIHB.

ORAPC is aware that not all Ontario NNADAP Workers are receiving the retention incentive. Some workers have stated that they have not received their incentive dollars from their First Nation employer after they have submitted their certification papers to FNIHB. These dollars are being absorbed by the First Nation directly and are being used to supplement the NNADAP program.

Since FNIHB does not have an agreement with individual NNADAP Workers, these dollars must flow through the agreement holder, namely the First Nation and cannot be sent directly to the certified NNADAP worker.

ORAPC is committed to resolving this issue and has created a **Fact Sheet** to raise awareness.

To download your copy, go to the ORAPC website at www.ontarionnadap.org

What NNADAP Workers Should Know

The ORAPC has recreated a booklet designed with new NNADAP Workers (community-based and treatment centre) in mind.

The booklet provides context and background on the NNADAP program and includes a brief history of the program; how the ORAPC is structured; issues affecting the program, and how the committee advocates on behalf of NNADAP Workers.

For a copy of the booklet, visit the ORAPC website at www.ontarionnadap.org and download your copy today!

National Native Alcohol and Drug Abuse Program (NNADAP)

What NNADAP Workers Should Know



Prepared by the
Ontario Regional Addictions Partnership Committee
(ORAPC)

Opioid Statistics In Canada

According to the Government of Canada Statistics...

...in **2016** there were **3,014 opioid related deaths**

...in **2017** there were **3,998 opioid related deaths.**

Data is not yet complete for the **2018** year, however, for the 6-month period from January to June there were **2,066 opioid related deaths** in Canada.

- 754 - British Columbia
- 379 - Alberta
- 33 - Saskatchewan
- 22 - Manitoba
- 638 - Ontario
- 195 - Quebec
- 10 - New Brunswick
- 34 - Nova Scotia
- 0 - PEI
- 0 - Newfoundland and Labrador
- 1 - Yukon
- 0 - Northwest Territories
- n/a - Nunavut



1. NAN is hosting a Health Summit on January 22-24, 2019 at the Best Western in Thunder Bay, Ont. The theme of this year's NAN Health Summit is **Building Upon Our Strengths**. For More Information about this summit visit www.nan.on.ca
2. The 13th Annual Chiefs of Ontario Health Forum will take place on February 26-28, 2019 at the Holiday Inn Toronto International Airport. This year's theme is **Knowledge Transfer: Sharing Our Stories, Sharing Our Strengths**. Visit the COO'S website at www.chiefs-of-ontario.org for more information.



Ask Me How I Did It Algonquins of Pikwakanagan



In 2017, the Ontario Regional Addictions Partnership Committee (ORAPC) launched a campaign called "Ask Me How I Did It".

The campaign was designed to get the conversation started and share success stories on wellbriety.

ORAPC was looking for success stories from:

1. First Nation's people in Ontario who overcame their addictions (drug, alcohol, gambling) and who have embraced a healthier lifestyle;
2. NNADAP Workers (both community-based and treatment centre) who assisted their clients away from addiction and/or why they, themselves, chose the field of addiction counselling; and/or
3. How First Nation communities developed programming to promote healthier lifestyles.

While many individuals, organizations and Nations embraced the idea of Ask Me How I Did It, only the Algonquins of Pikwakanagan submitted a video entitled "**Living the Good Life**". This truly inspiring video shows how youth (and adults) explain how they are **Living the Good Life** in their community.

ORAPC would like to thank the **Algonquins of Pikwakanagan First Nation** for sharing their story on the positive impacts their youth are making in their community.

To view this video, go to the ORAPC website at www.ontarionnadap.org.



To **network** with Algonquins of Pikwakanagan, about this video or services they provide, contact their Health Services Unit at 163 Mishomis Inamo, Box 86, Pikwakanagan, ON K0J 1X0, 613-625-2259. Ask for **Alexandra Bednash – she is AMAZING!!!!**