

**NOVEMBER  
9TH & 10TH**



**2023**  
**ANNUAL PROVINCIAL**  
**SUBSTANCE USE CONFERENCE**

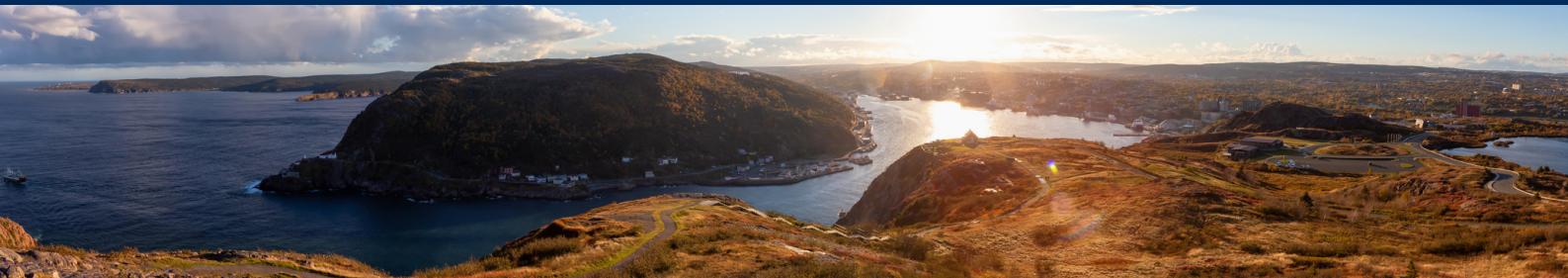
**NEWFOUNDLAND AND LABRADOR  
CENTRE ON SUBSTANCE USE**



# Land Acknowledgement

We respectfully acknowledge the land on which we gather as the ancestral homelands of the Beothuk, whose culture has been lost forever and can never be recovered. We also acknowledge the island of Ktaqmkuk (Newfoundland) as the unceded, traditional territory of the Beothuk and the Mi'kmaq, and we acknowledge Labrador as the traditional and ancestral homelands of the Innu of Nitassinan, the Inuit of Nunatsiavut, and the Inuit of NunatuKavut. We recognize all First Peoples who were here before us, those who live with us now, and the seven generations to come. As First Peoples have done since time immemorial, we strive to be responsible stewards of the land and to respect the cultures, ceremonies, and traditions of all who call it home. As we open our hearts and minds to the past, we commit ourselves to working in a spirit of truth and reconciliation to make a better future for all.

# THE NEWFOUNDLAND AND LABRADOR CENTRE ON SUBSTANCE USE



## Who We Are

The Newfoundland and Labrador Centre on Substance Use (NLCSU) is a provincial program embedded within Newfoundland and Labrador Health Services that is committed to excellence in harm reduction and substance use disorder treatment. Building collaborative relationships with people with lived and living experience, our community, and health care services is integral to our work. We are guided by a systems approach to equitable health service delivery, an evidence-informed perspective, and a broad definition of health. We support health care providers treating people with substance use disorders through knowledge exchange and other capacity building initiatives, as well as provide implementation support for the provincial Hub and Spoke Model and the provincial Alcohol Action Plan.

## Our Mission

To improve the quality of health care services provided for people who use substances in Newfoundland and Labrador through an evidence-based, systems-level approach that emphasizes workforce development, collaboration, harm reduction, and advocacy.

## Our Vision

People who use substances receive coordinated, evidence-based, stigma-free, and equitable health care, regardless of where they touch down in the health system.

## Where to Find Us

Building 532, 80 Charter Avenue  
P.O. Box 13122  
St. John's, NL A1B 4A4

## Our Values



**Quality**



**Impact**



**Accountability**



**Innovation**



**Mobilization**



**Collaboration**



**Equity**

## The NLCSU Team

Wayne Bishop	Manager	<a href="mailto:wayne.bishop@easternhealth.ca">wayne.bishop@easternhealth.ca</a>
Brittany Howell	Knowledge Exchange Facilitator	<a href="mailto:brittany.howell@easternhealth.ca">brittany.howell@easternhealth.ca</a>
Jane Henderson	Harm Reduction Consultant	<a href="mailto:jane.henderson@easternhealth.ca">jane.henderson@easternhealth.ca</a>
Kate Lambert	Knowledge Exchange Facilitator	<a href="mailto:kate.lambert@easternhealth.ca">kate.lambert@easternhealth.ca</a>
Sydney Peckham	Clinical Lead (Pharmacy)	<a href="mailto:sydney.peckham@easternhealth.ca">sydney.peckham@easternhealth.ca</a>

# Conference Planning Committee



**Brittany Howell (she/her)**  
Knowledge Exchange  
Facilitator  
NL Centre on Substance Use  
NL Health Services



**Jane Henderson (she/her)**  
Harm Reduction Consultant  
NL Centre on Substance Use  
NL Health Services  
(Conference EMCEE)



**Jennifer O'Reilly (she/her)**  
Addictions Prevention  
Consultant  
Prevention and Promotion  
NL Health Services



**Kate Lambert (she/her)**  
Knowledge Exchange  
Facilitator  
NL Centre on Substance Use  
NL Health Services



**Megan O'Brien (she/her)**  
Addictions Prevention  
Consultant  
Prevention and Promotion  
NL Health Services  
(Conference EMCEE)



**Paula Delahunty (she/her)**  
Addictions Coordinator  
Prevention and Promotion  
NL Health Services



**Sydney Peckham (she/her)**  
Clinical Lead (Pharmacy)  
NL Centre on Substance Use  
NL Health Services



**Wayne Bishop (he/him)**  
Program Manager  
NL Centre on Substance Use  
Prevention and Promotion  
NL Health Services

# Day 1 Agenda

Thursday, November 9th, 2023

**Audience:** Anyone with work and/or lived experience related to substance use

9:00 – 9:30 am	Sign-in, Networking
9:30 – 9:45 am	Welcome
9:45 – 10:45 am	<p><b>Keynote:</b> Can We Make Hospitals Safe for People Who Use Drugs: Lessons from Halifax</p> <p><i>Dr. Thomas Brothers, MD PhD FRCPC CISAM Resident Physician (PGY5 General Internal Medicine) Department of Medicine, Dalhousie University &amp; Nova Scotia Health</i></p>
10:45 – 11:00 am	Break
11:00 – 11:45 am	<p><b>Concurrent Sessions:</b></p> <p><b>Salon A/B:</b> Session #1A: NeuroNexus: The Intersectionality of Substance Use and Neurodivergence (<i>Megan O'Brien</i>)</p> <p><b>Salon C:</b> Session #2A: The Importance of Community-Based Leisure in Recovery from Addiction (<i>Ann Marie Kieley</i>)</p>
11:45 am – 1:00 pm	Lunch
1:00 – 1:40 pm	<b>Rapid Update Session</b>
	Update #1: Quadrangle NL: Inclusive, Safe, and Affirmative Health Care for 2SLGBTQIA+ Patients ( <i>Doménica (Dome/Nico) Lombeida, Holland Fox and Mary Walsh</i> )
	Update #2: Local Surveillance Data Related to Substance Use and Harms ( <i>Shane Randell</i> )
	Update #3 Overdose Prevention Programs, Services, and Progress on Local Site ( <i>Debbie Curtis</i> )
1:45 – 2:30 pm	<p><b>Concurrent Sessions:</b></p> <p><b>Salon A/B:</b> Session #2A: Youth Cannabis Use: Considering Youths' Perceptions and Promoting Safe Choices (<i>Dr. Lisa Bishop and Megan O'Brien</i>)</p> <p><b>Salon C:</b> Session #2B: Reducing Healthcare Inequities: The Use of Digital Platforms and Virtual Care (<i>Dr. Imran Ghauri, Dr. Ivor Orukpe and Lindsey Davis</i>)</p>
2:30 – 2:45 pm	Break
2:45 – 3:45 pm	<p><b>Panel Discussion:</b> Peer Support in Substance Use and Addictions Services</p> <p><b>Panelists:</b> <i>Erin Gallant, Jocelyn Dunn, Michelle Cleary-Haire, Shelly Kavanagh, and Sylv Newhook</i></p>

# Day 1 Evening Session

Thursday, November 9th, 2023

**Audience:** Health care providers with intermediate to advanced substance use treatment practices

6:30 - 7:30 pm NST

Advanced Evening Session: Advances in the Management of Opioid Use Disorder (*Katie Dunham*)

## Day 2 Agenda

Friday, November 10th, 2023

**Audience:** Health care providers treating and managing clients who use substances

9:00 – 9:30 am	Sign-in, Networking
9:30 – 9:45 am	Welcome
9:45 – 10:45 am	<b>Keynote:</b> Best Practices for Alcohol Use Disorder and Alcohol Withdrawal <i>Katie Dunham, BSc, BScN, MN, NP-PHC</i> <i>Nurse Educator, META:PHI</i> <i>Nurse Practitioner Clinical Lead, Stonehenge Therapeutic Community</i>
10:45 – 11:00 am	Break
11:00 – 11:45 am	Are Benzos Always Bad? ( <i>Dr. Kristopher Luscombe</i> )
11:45 am – 12:00 pm	Update: Initiating Suboxone for Hospital Inpatients at NL Health Services ( <i>Sydney Peckham</i> )
12:00 – 1:15 pm	Lunch
1:15 – 2:00 pm	Considerations for Stimulant Use Care ( <i>Dr. Nickie Mathew</i> )
2:00 – 2:15 pm	Update: Innovative Approach to Rural HCV Management in Clients with Opioid Use Disorder ( <i>Eileen Beeso</i> )
2:15 – 2:30 pm	Break
2:30 – 2:45 pm	Update: Continuing Education Opportunities in Substance Use Treatment ( <i>Kate Lambert and Brittany Howell</i> )
2:45 – 3:45 pm	Bouncing Back, Not Burning Out: A Panel Discussion on Burnout, Resilience, and Hope in the Clinical Substance Use Workforce <b>Panelists:</b> <i>Dr. Lesley Manning, Lisa Stagg, Robin Tibbo, and Dr. Stephen Darcy</i>

# Day 1: Thursday, November 9

## Keynote

### Can We Make Hospitals Safe for People Who Use Drugs: Lessons from Halifax

Hospitals are “high risk environments” for people who use drugs: stigma, abstinence-only policies, and a lack of harm reduction supports push people away from accessing care, cause inadequate withdrawal and pain management, and lead people to be discharged from hospital before their treatment is completed. In this session, I will share lessons from our journey trying to improve hospital care for people who use drugs in Halifax, Nova Scotia, since 2018. Our aim is to try to provide at least the same standard of care available to people outside the hospital.

#### Learning Objectives:

1. Appreciate how traditional hospital policies create health harms for people who use drugs
2. Consider ways to partner with community-based organizations to facilitate hospital “in-reach”
3. Strategize how to implement specific harm reduction and substance use care practices
4. Imagine a future where people who use drugs feel safe accessing hospital care

#### Dr. Thomas Brothers, MD PhD FRCPC CISAM (he/him)

Resident Physician (PGY5 General Internal Medicine)

Department of Medicine

Dalhousie University & Nova Scotia Health

**Thomas (Tommy) Brothers** is a medical doctor specialized in internal medicine and addiction medicine. He is currently a subspecialty resident in General Internal Medicine at Dalhousie University. Since 2018, he has worked with a multidisciplinary group to try to improve hospital care for people who use drugs at the QEII Health Sciences Centre in Halifax. So far, this includes take-home naloxone kits, opioid agonist treatment, distribution of sterile injecting equipment, and a specialized addiction medicine consult service.



# Day 1 Presentations

## The Importance of Community-Based Leisure in Recovery from Addiction

This presentation introduces key concepts of leisure psychology as they relate to substance use, addiction, and recovery. Physical activity will be the primary form of leisure that will be discussed. The role of the community will be highlighted to emphasize the importance of fostering an inclusive environment for those recovering from addiction. The function of community-based leisure as a critical component of recovery will be described by discussing the transition from active addiction to recovery and exploring identity, physical wellness, and psychosocial well-being. This understanding will be conveyed from academic literature, lived experience, and community observations. Personal examples and anecdotes from community experience will aid in personifying problems and identifying potential solutions related to addiction, recovery, socialization, self-perceptions, establishing a new lifestyle, and promoting well-being.

### Learning Objectives:

1. Discuss concepts of leisure, boredom, identity, and well-being with clients
2. Understand that addiction and recovery can present a leisure problem
3. Explain the benefits of using community recreation services as an intervention
4. Justify making community recreation programming inclusive to individuals in recovery

**Ann Marie Kieley, BRec (Hons) (she/her)**

**MHKR Graduate Student**

**School of Human Kinetics and Recreation**

**Memorial University of Newfoundland**

**Ann Marie Kieley** is a Master of Human Kinetics and Recreation student at Memorial University, holding a Bachelor of Recreation (Honours) from the School of Human Kinetics and Recreation.

Her undergraduate honours thesis, "From Strength Athlete to Opioid Addict: An Autoethnographic Exploration of Injury, Sport Dropout, and Opioid Addiction" won first place for graduate research at the 2023 Human Kinetics and Recreation Research Day. She is also in

recovery from addiction and has been in the recovery community for ten years. She has volunteered with the Safe Works Access Program (SWAP) for six years. Her interests include community recreation, social psychology of leisure, sociology of physical activity, gerontology, and the socio-emotional aspects of substance use and addiction. She will appear in an upcoming video series for the Youth Opioid Awareness Program through the YMCA of Newfoundland and Labrador.



## NeuroNexus: The Intersectionality of Substance Use and Neurodivergence

This session will delve into the vital relationship between neurodivergence and addiction, shedding light on the intricate and often overlooked nuances of this intersection. Drawing from her own personal experiences and enriched by her professional expertise, Megan will uncover potential for innovative approaches and inclusive strategies that can profoundly affect those within the neurodivergent community grappling with addiction. Attendees will embark on an enlightening journey towards a world where neurodivergence is not just recognized but celebrated and woven seamlessly into conversations about addiction. Megan's unique blend of personal insight and professional acumen positions her as a compelling voice, passionately advocating for the destigmatization of both addiction and neurodivergence. She emphasizes the deep influence of neurodivergent traits on the broader discourse of addiction, driving home the need for informed, compassionate dialogue and action.

### Learning Objectives:

1. Define neurodivergence and high-risk substance use/addiction and discuss the relationship between both
2. Learn to recognize the key risk factors associated with neurodiversity and substance use, while also discovering the protective factors within neurodiversity that can mitigate risks and promote resilience
3. Comprehend the paramount significance of investigating the intersection of neurodiversity and high-risk substance use
4. Identify current research trends and potential consequences of same

**Megan O' Brien, BSW, RSW (she/her)**  
**Regional Addictions Prevention Consultant**  
**NL Health Services - Eastern Urban Zone**

**Megan O'Brien** is a Registered Social Worker with a passion for fostering understanding and change in the realm of substance use health. With over a decade of dedicated service in the addictions field, her journey seamlessly intertwines professional expertise with personal insights as an Autistic individual with ADHD. Her dedication initially found expression in providing clinical support to individuals and groups, a passion that subsequently led to her current role as the Regional Addictions Prevention Consultant. In this capacity, she diligently fosters collaboration among diverse groups, executes effective interventions, and champions harm reduction strategies. Megan consistently directs her efforts toward establishing nurturing environments for addictions prevention and recovery, with a profound emphasis on education, empathy and understanding. Beyond her professional calling, her personal connection to neurodivergence and addiction runs deep. As an Autistic individual with ADHD, she possesses an innate understanding of the distinct neurodivergent challenges and strengths. Additionally, her family's experiences with addiction and neurodivergence have strengthened her resolve to break down the stigma associated with both, all the while emphasizing their complex interconnection.



# Rapid Updates

## Update: Quadrangle NL: Inclusive, Safe, and Affirmative Health Care for 2SLGBTQIA+ Patients



**Doménica (Dome/Nico) Lombeida (they/them)**  
**Research Project Officer, QuadrangleNL**

**Doménica (Dome/Nico) Lombeida** is a queer migrant settler from Guayaquil, Ecuador, who came to St. John's in 2017 as an international student. Dome holds a Bachelor of Science degree in Geography with a minor in Oceanography from Memorial University. They are very passionate about hosting and creating community spaces for those with intersectional oppressions and hope to see a better future for those folks in NL. In their free time, you can find them baking bread, creating art and playing music.



**Holland Fox (they/them)**  
**Research Project Officer, QuadrangleNL**

**Holland Fox** is a queer/intersex researcher and community organizer living in St. John's. Prior to working at Quadrangle, they managed the Gender and Politics Lab at Memorial University and worked on research related to public opinion, political leadership, and voting behaviour. As a community organizer, they work to create safe(r) spaces for fat folks and all people in marginalized bodies as a co-founder of Fat Babes of NL. In their spare time, you can find them making art, watching copious amounts of reality TV, and/or cuddling with their orange tabby cat – Seth!



**Mary Walsh (she/her)**  
**Research Project Manager, QuadrangleNL**

**Mary Walsh** holds a Masters of Science in Medicine (Clinical Epidemiology) from Memorial University and is passionate about engaging marginalized populations in research in meaningful and inclusive ways. Her decade of experience in front-line service delivery has grounded her approach in trauma-informed practice, harm reduction, and intersectional feminism. Mary was born in Ontario, grew up around the bay, and now resides in St. John's with her two saucy, senior cats.

# Rapid Updates

## Update: Local Surveillance Data Related to Substance Use and Harms



**Shane Randell (he/him)**

**Public Health Officer – Epidemiologist, Public Health Agency of Canada in Support of Newfoundland & Labrador Health Services**

**Shane Randell** is an epidemiologist for both the substance-related harms and public health death investigation streams of Public Health Officers with the Public Health Agency of Canada. He aids with substance-related mortality surveillance in NL and participates in multiple working and advocacy groups along with other stakeholders concerning different types of mortality data. He is also the acting data analyst for the NL Office of the Chief Medical Examiner and enjoys learning and working with a diverse and ever-growing group of colleagues. Shane is also a PhD Candidate in the Clinical Epidemiology program in the Faculty of Medicine, Memorial University.

## Update: Overdose Prevention Programs, Services, and Progress on Local Site



**Debbie Curtis, BSW,RSW,MBA (she/her)**

**Provincial Mental Health and Addictions Consultant  
Department of Health and Community Services**

**Debbie Curtis** is a registered social worker and a Provincial Mental Health and Addictions Consultant with the Department of Health and Community Services. She is the lead for substance use initiatives, including the Provincial Alcohol Action Plan, Opioid Dependence Treatment Hub and Spoke Program, Provincial Harm Reduction Collective, and Provincial Comprehensive Dialectical Behaviour Therapy Program. Debbie has worked as an Addictions Counsellor and Disability Management Consultant. She also has experience in the human resources field in management and executive development and human resource policy development. Debbie completed a Bachelor of Social Work and Master of Business Administration from Memorial University.

# Day 1 Presentations

## Youth Cannabis Use: Considering Youths' Perceptions and Promoting Safe Choices

Legalization of non-medical cannabis was intended to increase protection of youth health and safety. This session will discuss the perspectives of youth from Newfoundland and Labrador surrounding access and exposure to cannabis, road safety from cannabis use, and cannabis education needs and strategies. Harm reduction strategies for reducing health harms from non-medical cannabis use will be discussed. A drug education strategy developed by the research team, called Drug Education Centered on Youth Decision Empowerment (DECYDE), will be reviewed. DECYDE provides evidence-based, harm reduction, and trauma-informed substance use information and resources for educators, youth, and parents/guardians. The goal of DECYDE is to help empower youth to make safe and informed choices regarding their substance use health.

### Learning Objectives:

1. State the prevalence and safety considerations of cannabis use among youth
2. Describe youths' perspectives regarding cannabis access, driving, and health literacy
3. Recognize cannabis harm reduction strategies
4. Discuss an educational approach to support youth cannabis health literacy

**Dr. Lisa Bishop, BScPharm, PharmD (she/her)**  
**Pharmacist**  
**Professor, School of Pharmacy, Memorial University**

**Dr. Lisa Bishop** is a pharmacist and Professor of Pharmacy at Memorial University and has over 25 years practicing as a pharmacist. She is an established educator and researcher and has led research on cannabis education and policy, opioid stewardship, and mental health and substance use. Her current research is with a collaborative team of researchers, stakeholders, and citizens as part of the Cannabis Health Evaluation and Research Partnership (CHERP). As one of the CHERPs initiatives, Dr. Bishop is co-leading a cannabis harm reduction education program called Drug Education Centered on Youth Decision Empowerment (DECYDE), which targets school-aged youth.



**Megan O' Brien, BSW, RSW (she/her)**  
**Regional Addictions Prevention Consultant**  
**NL Health Services - Eastern Urban Zone**  
(see bio above)



## Reducing Healthcare Inequities: The Use of Digital Platforms and Virtual Care

Alberta's Virtual Opioid Dependency Program (VODP) was created to reduce healthcare inequities for those suffering with opioid dependency in rural Alberta. Since 2017, it has expanded to serve the needs of all Albertans with opioid dependency who cannot access an in-person Opioid Dependency Program. The use of the digital platforms of Zoom and Telehealth has allowed VODP to become a leader in virtual addictions care. Digital platforms and virtual care are the way of the future, mitigating access barriers and allowing patients to access care in a non-stigmatizing environment. Digital platforms and virtual care further mitigate issues with staff retention in rural areas, allowing patients timely access to specialist care without the need for staff or patient travel. Virtual addictions care, and timely access to opioid agonist treatment, significantly reduces the total healthcare cost and burden on emergency departments and first responders. Patients with opioid dependency have reported high levels of satisfaction with using digital platforms to access virtual care; many who have accessed in-person care still tend to prefer virtual care.

### Learning Objectives:

1. Understand the framework of Alberta's Virtual Opioid Dependency Program (VODP)
2. Understand the viability of digital platforms and virtual care to reduce healthcare inequities
3. Understand patient perspectives regarding access and treatment provided through virtual care

**Dr. Imran Ghauri, MD, CCFP AM (he/him)**  
**Physician (Family Medicine (Addiction Medicine))**  
**Transitions Lead, Alberta's Virtual Opioid**  
**Dependency Program**

Imran Ghauri completed postgraduate training in England with a focus on emergency medicine, then completed general practice training. While working in the inner cities of the UK in the emergency room, and seeing the effects of opioids, he developed a special interest in addictions treatment. On arrival in Alberta, he began work with the provincial teams in northern Alberta and obtained the CCFP AM designation. Currently, Dr. Ghauri works as the Transitions Lead at the Virtual Opioid Dependency Program in Alberta. His special interests include working with long-acting opioid agonist treatment (OAT), the role of OAT in emergency medicine and virtual care in OAT. In his personal life, he enjoys the gym and watching Liverpool FC.



## Reducing Healthcare Inequities: The Use of Digital Platforms and Virtual Care



**Dr. Ivor Orukpe, MD (he/him)**  
**Addictions Specialist Physician**  
**Alberta's Virtual Opioid Dependency Program**

**Ivor Orukpe** was born in Lagos, Nigeria and is a graduate of the University of Benin Medical School. He has almost 20 years of experience in family medicine and over 5 years' experience in addictions. He is a member of The College of Family Physicians of Canada and the Canadian Society of Addiction Medicine. He currently works as an Addictions Specialist Physician with Alberta's Virtual Opioid Dependency Program. Dr. Orukpe lives in Alberta with his wife and two children. In his spare time, he enjoys traveling, reading, cycling, spending time with family and being outdoors.

**Lindsey Davis, BCR, MPH (she/her)**  
**Addictions Counsellor and Case Manager**  
**Alberta's Virtual Opioid Dependency Program**

**Lindsey Davis** completed a Master of Public Health at the University of Saskatchewan. She has been working in addictions for two years; she previously spent 10 years working in rehabilitation in rural Alberta. She has a special interest in addictions treatment, research, and health policy. She is a case manager with Alberta's Virtual Opioid Dependency Program and assists in research in her spare time. She also enjoys hiking, camping, cooking, and reading.



## Peer Support in Substance Use and Addictions Services

# Panelists



**Erin Gallant (she/her)**

**Indigenous Peer Support Facilitator, First Light**

**Erin Gallant** is a proud Indigenous woman certified with Peer Support Canada and holds a diploma in Therapeutic Recreation. She currently works at First Light Friendship Center as part of the cultural support team as the Indigenous Peer Support Facilitator. Erin has been working in community providing peer support for the last 10 years. She is passionate about recovery, land based therapies and equine assisted therapy through her work as the founder of Stable Life- Spirit Horse Program. Erin's lived experience with mental health and addiction combined with a passion to support other people on their journey led Erin to work in the field of Peer Support.



**Jocelyn Dunn (she/her)**

**Peer Support Supervisor for Contracted Services, Lifewise**

**Jocelyn Dunn** is a compassionate and dedicated Peer Support Supervisor for Contracted Services with Lifewise, where she has been making a meaningful impact for over six years. Her personal journey through challenges with mental health and addiction has not only shaped her into a resilient individual but has also fueled her passion for helping others on their path to recovery. Peer support was an integral part of her recovery journey. Her work at Lifewise allows her to witness the positive impacts of peer support on a daily basis in other people's lives.



**Shelly Kavanagh (she/her)**

**Peer Support Coordinator, The Hug**

**Shelly** has been a volunteer for "In Good Hands" and "Heal Bell Island" for almost 7 years. She worked with a small group of mothers who advocated for mental health and addictions services on Bell Island. In 2019, they were successful in their talks with Minister Haggie and an opioid dependency treatment clinic opened at the Dr. Walter Templeman Hospital. Since then, their group has formed an organization (Bell Island Support Network) working towards education, housing and employment. Shelly works as a Peer Support Coordinator at the center on Bell Island known as The Hug, a name created by clients, staff, and their board.

## Peer Support in Substance Use and Addictions Services

# Panelists



**Michelle Cleary-Haire (she/her)**  
**Moms Stop the Harm**

**Michelle Cleary-Haire** has been teaching for over twenty years as a high school English teacher and recently retired as the English Department Head at Ascension Collegiate in Bay Roberts. Michelle has a double major in English and History as well as a Master's Degree in Educational Leadership from Memorial University. Throughout her life, she has volunteered for various organizations, served as a town councillor with the Town of Harbour Grace and organized a women's group called WIN (Women Interested in Networking). She has also served on the board of Moms Stop The Harm, a national organization, and is currently an active member. Moms Stop the Harm is a network of Canadian families impacted by substance use-related harms and deaths. Michelle is married with three amazing children and four beautiful grandchildren. She enjoys reading and writing, walking on the beach, travelling and spending time outdoors.



**Sylv Newhook (They/Them)**  
**Regional Peer Lead, Local Peer Facilitator, and Peer Outreach Worker, Substance User Network of the Atlantic Region (SUNAR)**

**Sylv** is a person with lived experience of drug use. They work for The Substance User Network of the Atlantic Region (SUNAR), a group by and for people with lived and living experience of criminalized drug use. SUNAR engages in education, outreach and advocacy to enhance and save the lives of people who use(d) drugs in the Atlantic provinces of Canada. Sylv also works on the frontlines of this harm reduction movement, providing safer use of supplies for folks and connecting with folks in our communities. They believe in the power of community connection and truly believe in the need for peer outreach/connection when it comes to working with and involving folks who use substances.

## Advances in the Management of Opioid Use Disorder

Thursday, Nov. 9 (6:30 - 7:30 pm NDT; 6:00 pm - 7:00 pm ADT)

**Presented by:** Katie Dunham, BSc, BScN, MN, NP-PHC  
Nurse Educator, META:PHI

Nurse Practitioner Clinical Lead, Stonehenge Therapeutic Community  
*(Full speaker bio on next page)*

**Session Description:** In this session, we will review advances in the management of opioid use disorder, including macrodosing of buprenorphine, quick starts of long-acting injectable buprenorphine, high dose and rapid titration of methadone, methadone combined with slow-release oral morphine (SROM), and use of SROM as a first-line treatment option. Many of these advances have been the response to mandatory practice changes throughout the pandemic and in response to the increasing prevalence and potency of street fentanyl. We will review supportive research, where available, and new practice guidelines for each practice, with case examples.

**Learning Objectives:** By the end of this session, the learner will be able to:

1. Identify appropriate cases and protocols for macrodosing of buprenorphine and quick starts of long-acting injectable buprenorphine
2. Determine the appropriate dose and titration rate for starting methadone alone or in combination with SROM
3. Identify appropriate cases for OUD management with SROM as a stand-alone treatment option

**Target Audience:**

**Health care providers with intermediate to advanced substance use treatment practices**

# Day 2: Friday, November 10

## Keynote

### Best Practices for Alcohol Use Disorder and Alcohol Withdrawal

During this session, we will follow various alcohol-related presentations from greeting through to follow-up, with an initial focus on using the Brief Negotiated Interview (BNI) to determine patient goals. For some patients, harm reduction principles will be utilized to meet their goals. For others, we must review possible complications of alcohol withdrawal and determine the most appropriate treatment setting and medication options for their individualized care. All patients should be offered a review of anti-craving medications and their most appropriate option should be recommended.

#### Learning Objectives:

1. Utilize brief negotiated interviews to determine patient goals and implement harm reduction principles
2. Recognize patients at risk for complications of alcohol withdrawal and implement preventative care plans
3. Determine the appropriate care setting and treatment for individual presentations of alcohol withdrawal
4. Understand the profiles of various anti-craving medications and make patient-specific recommendations

#### Katie Dunham, BSc, BScN, MN, NP-PHC (she/her)

Nurse Educator, META:PHI

Nurse Practitioner Clinical Lead, Stonehenge Therapeutic Community

**Katie Dunham** is a primary care nurse practitioner with a background in emergency nursing, primary care, rapid access addiction medicine, and withdrawal management in a community based live-in setting. She is currently providing virtual addiction services through the Digital Front Door platform in Ontario. She is the Nurse Educator for META:PHI, an Ontario-based organization that provides mentoring, education, and clinical tools to those working in the field of addictions. Here, she coordinates the NP listserv, monthly provider call, and is involved with various projects, including leading the withdrawal management manual and toolkit for alcohol-related presentations in the Emergency Department. She is passionate about expanding access to substance-related care through education and optimizing existing care pathways through community partnerships.



# Day 2 Presentations

## Are Benzos Always Bad?

Benzodiazepines are commonly used anxiolytics that confer many medical and social risks in addictions practice. This session will discuss the risks of benzodiazepine prescribing and present considerations for reducing these risks.

### Learning Objectives:

1. Discuss the common risks of benzodiazepines
2. Discuss the role of benzodiazepines in addictions treatment
3. Identify strategies to minimize risks when prescribing benzodiazepines

**Dr. Kristopher Luscombe, MD, FRCPC Psychiatry (he/him)**  
**Regional Chief of Psychiatry (Central Zone)**  
**Assistant Professor (Memorial University)**

**Kristopher Luscombe** is a rural general psychiatrist who has practiced in Grand Falls-Windsor for nearly 20 years. He is the medical lead for the opioid agonist treatment service in central Newfoundland and Regional Chief of Psychiatry. He has been the Director of Killick Health Services, a rural, multidisciplinary, medical services and medical education organization, since 2008. Dr. Luscombe is also an Assistant Professor of Psychiatry at Memorial University.



## Update: Initiating Suboxone for Hospital Inpatients at NL Health Services

**Sydney Peckham (she/her)**  
**Clinical Pharmacist, NL Health Services (NLHS)**



**Sydney Peckham** is a clinical pharmacist with NLHS, Eastern-Urban Zone. She is currently practicing out of the Opioid Treatment Centre Hub in St. John's and is the Clinical Pharmacy Lead at the NLCSU. Sydney is passionate about increasing access to treatment for opioid use disorder through education, advocacy and policy development.

There has been a rise in stimulant use disorder as well as a change in the type of stimulants used. These changes have led to an increase in the risks associated with stimulant use. In this talk, we will discuss the risk factors for stimulant use disorder as well as the evidence-based psychosocial and pharmacological treatment options.

## Learning Objectives:

1. Recognize the increasing risk of stimulant use
2. Discuss evidence-based psychosocial treatment options for stimulant use disorder and how to apply clinical judgment to determine the best course of treatment
3. Describe pharmacological interventions that have been studied in the academic literature
4. Describe factors associated with stimulant use and harm reduction approaches that may be utilized

**Dr. Nickie Mathew, MD, ABPN, FRCPC, ABPM (he/him)**  
**Medical Director, Complex Concurrent Disorders,**  
**BC Mental Health and Substance Use Services**  
**Clinical Associate Professor, University of British Columbia**

**Nickie Mathew** completed an addiction psychiatry fellowship at Yale University and a forensic psychiatry fellowship at the University of British Columbia (UBC). He is board certified in addiction psychiatry, addiction medicine and forensic psychiatry. He is a clinical associate professor at the UBC. He is currently serving as the Medical Director of Complex Concurrent Disorders with BC Mental Health and Substance Use Services.



## Update: Innovative Approach to Rural Hepatitis C Virus (HCV) Management in Clients with Opioid Use Disorder

A close-up portrait of Eileen Beeso, a woman with long brown hair, smiling. She is wearing a dark top with a lanyard around her neck.  
**Eileen Beeso RN-NP (she/her)**  
**Nurse Practitioner, NL Health Services**

**Eileen Beeso** graduated from St. Clare's School of Nursing in 1997, followed by a Nurse Practitioner Diploma from the Center for Nursing Studies in 2006. She is particularly passionate about working with vulnerable populations. Her clinical experience has included long-term care, emergency on-call, HIV care and primary health care across the lifespan. Eileen has provided preceptorship for many nurse practitioner students, volunteered with the Community Health Advisory Committee on Bell Island, and advocates for rural health. She has a new focus on Hepatitis C management and a wonderful and respectful team that she feels fortunate to work with. Eileen resides in the beautiful rural community of Bell Island, where she enjoys spending time with family and friends, especially grandchildren Kate and Mitchell.

# Rapid Updates

## Update: Continuing Education Opportunities in Substance Use Treatment



**Kate Lambert, MPH (she/her)**  
**Knowledge Exchange Facilitator**  
**NL Centre on Substance Use**

**Kate Lambert** is a Knowledge Exchange Facilitator with the Newfoundland and Labrador Centre on Substance Use (NLCSU). She co-manages the NLCSU's clinical knowledge sharing and capacity development activities for health care professionals providing care for people who use substances. Kate previously worked with the NL SUPPORT Unit and Quality of Care NL at Memorial University as Knowledge Translation (KT) Lead, where she was responsible for leading unit-driven KT initiatives and consulting on the development of comprehensive KT plans for patient-oriented research projects throughout the province. Kate has a Master of Public Health from Memorial University.



**Brittany Howell, MSc (she/her)**  
**Knowledge Exchange Facilitator**  
**NL Centre on Substance Use**

**Brittany Howell** is a Knowledge Exchange Facilitator with the NL Centre on Substance Use. In this role, she co-manages the facilitation of clinical knowledge sharing and workforce development for health care professionals who provide care for people who use substances. Prior to this, Brittany worked as a Policy, Planning and Research Analyst at NL Health Services. She has over 5 years of experience in health research with a focus on mental health and addictions, including exploring how community-based arts programs improve youth well-being, and leading the research and evaluation of the Roots of Hope Suicide Prevention Initiative on the Burin Peninsula. Brittany has a Master of Science in Pharmacy from Memorial University of Newfoundland and a Bachelor of Arts (Honours) in Psychology from Carleton University in Ottawa. She is a passionate advocate for mental health and addictions, health equity, and well-being.

## Bouncing Back, Not Burning Out: A Panel Discussion on Burnout, Resilience, and Hope in the Clinical Substance Use Workforce

# Panelists



**Dr. Lesley Manning, MD, CCFP (she/her)**  
**Family Physician, St. John's**

**Lesley Manning** is a family physician now practicing in St. John's. After completing medical school and Family Medicine Residency at Memorial University, Dr. Manning began working in rural Newfoundland and Labrador, where she observed a significant need for addictions medicine services and developed a special interest in addictions medicine. She went on to complete addictions medicine training through the University of British Columbia and has since developed a specialized practice providing ODT.



**Dr. Stephen Darcy, MD, CCFP, FCFP (he/him)**  
**Family Physician, Memorial University Shea Heights Clinic**

**Stephen Darcy** attended MUN medical school in the 1980s and practiced in rural NL for 20+ years. He has spent the last 12 years of his practice as part of the Memorial University Shea Heights Clinic and is an Associate Professor of Family Medicine at Memorial. He has an interest in opioid agonist therapy and, along with colleagues, has taught the Suboxone course for primary care practitioners.

# Bouncing Back, Not Burning Out: A Panel Discussion on Burnout, Resilience, and Hope in the Clinical Substance Use Workforce

## Panelists

**Robin Tibbo, BSc (Pharm) (she/her)**

**Pharmacist, Shoppers Drug Mart LeMarchant Road, St. John's**

**Robin Tibbo** graduated from MUN's School of Pharmacy in 2008. She then started her career at Shoppers Drug Mart on LeMarchant Road. Fifteen years later, she is still at that location and has taken on a more managerial role over the past couple of years. Robin enjoys the variety of work that her position provides, whether that be providing OAMT services, injections or medication dispensing/counselling. In her spare time, she enjoys spending time with her family. She has two young daughters who definitely keep her busy outside of work.

**Lisa Stagg, BSW, RSW (she/her)**

**Addictions Counsellor, Opioid Treatment Centre, St. John's**

**Lisa Stagg** completed her Bachelor of Social Work degree at Memorial University in 2001 and is currently completing her Masters in Social Work at Memorial. She has been working in the field of substance use disorders since 2001, with the majority of this time at the Opioid Treatment Centre (OTC) in St. John's. As a Social Worker/Addictions Counsellor at the OTC for the past 17 years, Lisa provides counselling, advocacy, education and support to clients with substance use disorders and is an advocate for social justice. She also participates in implementing the ECHO Model in Newfoundland and Labrador as a member of the planning committee and mentoring team for both Project ECHO NL: Opioid Use Disorder and Project ECHO NL: Substance Use.

# 2023

**THANK YOU**

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