



# **SIMCOE MUSKOKA OPIOID STRATEGY**

## **An Action Plan for Our Communities**

City of Barrie Council, March 4, 2019  
Dr. Rebecca Van Iersel, NSM LHIN  
Dr. Lisa Simon, SMDHU

The logo for the Simcoe Muskoka Opioid Strategy. It features the text "SIMCOE MUSKOKA" in a bold, blue, sans-serif font above the text "OPIOID STRATEGY" in a similar font. The text is centered within a grey oval shape that has a slight 3D effect with a shadow on the right side. The background of the top banner is a photograph of several hands of different skin tones reaching towards the center, symbolizing unity and collaboration.

# SIMCOE MUSKOKA OPIOID STRATEGY

## Part 1: Background

*Understanding the opioid crisis*

*Local data*

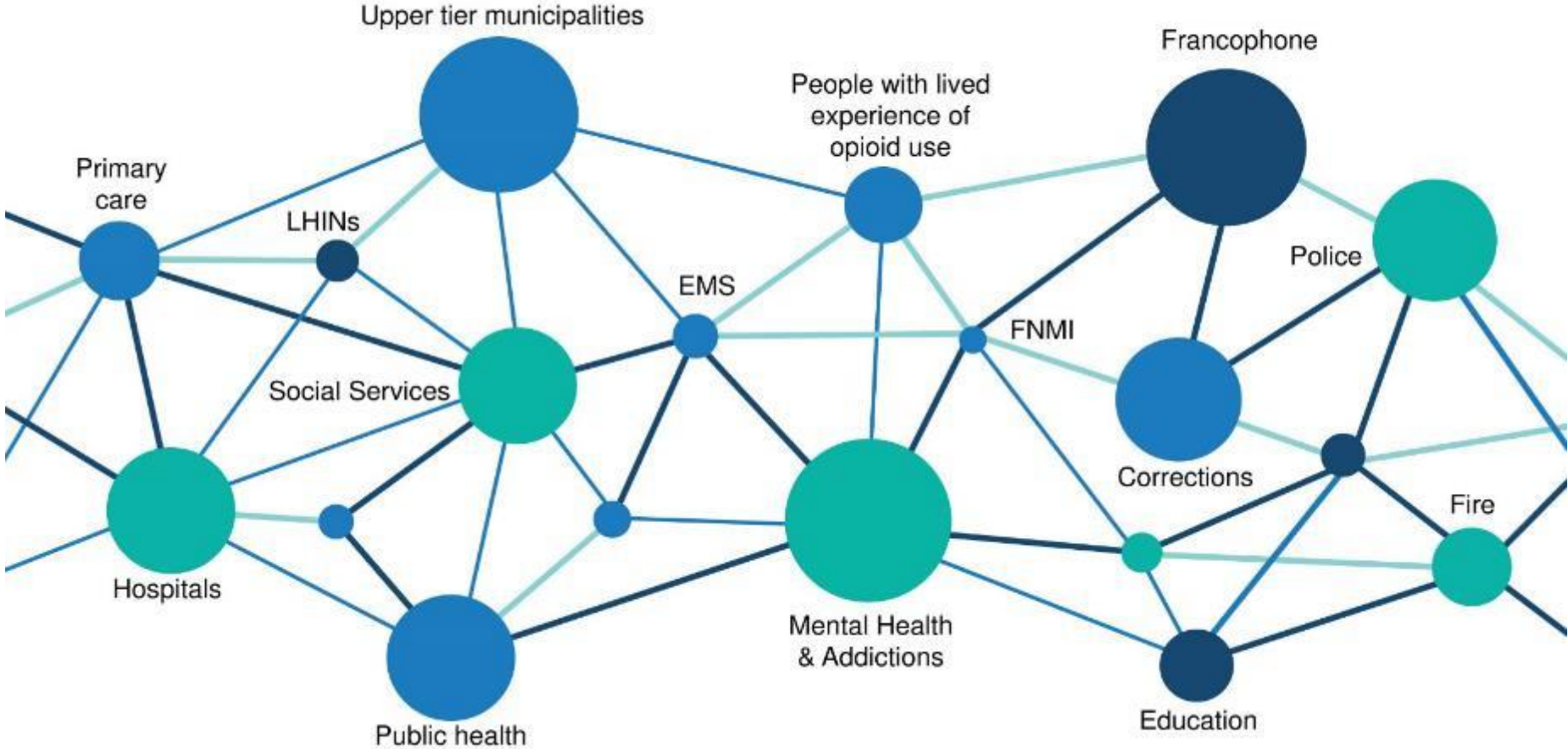
*Developing a local approach*

*Indigenous led opioid strategy*

## Part 2: SMOS action plans

## Part 3: Next steps

# PART 1: BACKGROUND



# PEOPLE WHO USE DRUGS ARE REAL PEOPLE



Lived  
Experience  
Video  
Series  
.....

*I Was Filled  
With Stigma*



LIVED EXPERIENCE VIDEO  
SERIES

SHE WAS SPECIAL

<http://www.smdhu.org/realpeople>

# UNDERSTANDING THE OPIOID CRISIS

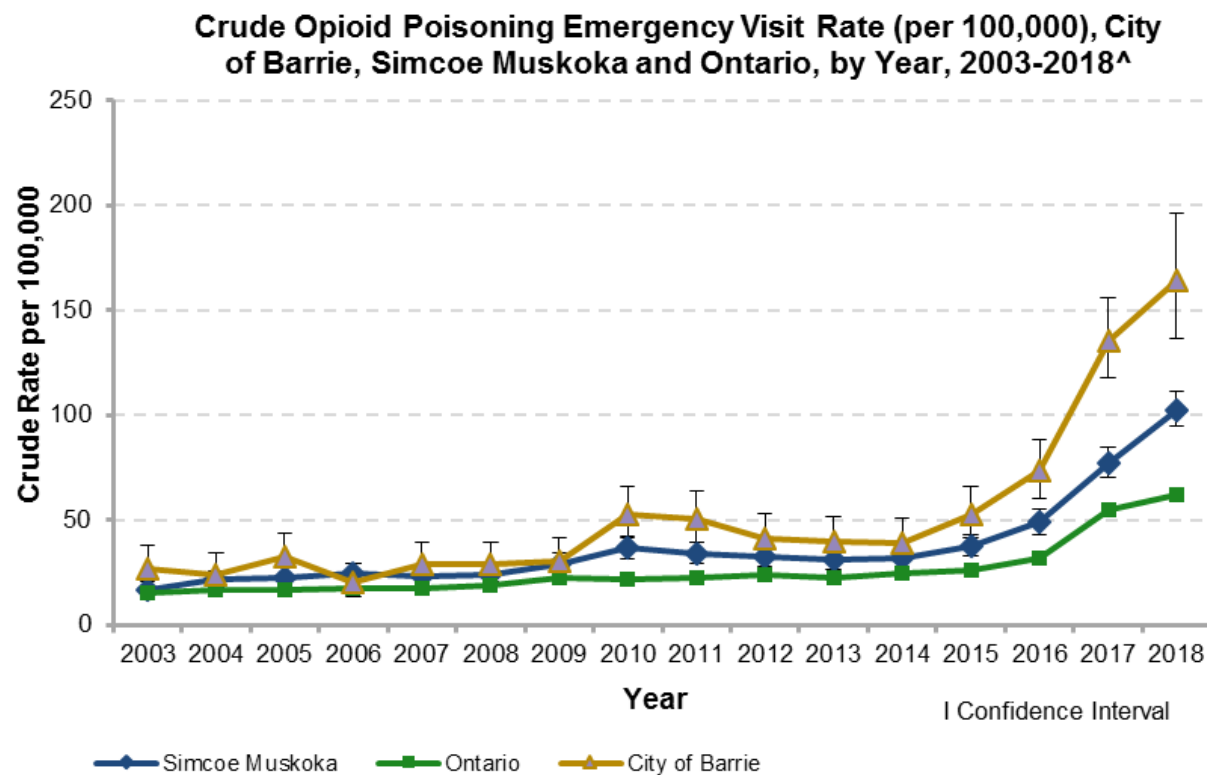
## Simcoe Muskoka Opioid Strategy Lived Experience Survey (2018):

Key problems most commonly identified by respondents as leading to opioid misuse, addiction, and overdose in the community (n=89):

- mental health/illness (67.4%)
- past and/or current trauma (67.4%)
- easy access to opioids (62.9%)
- medical prescribing of opioids (59.6%)
- knowing other people who do drugs (53.9%)
- lack of treatment for addictions (52.8%) and pain (aside from opioids; 52.8%)

# THE NEED FOR AN OPIOID STRATEGY

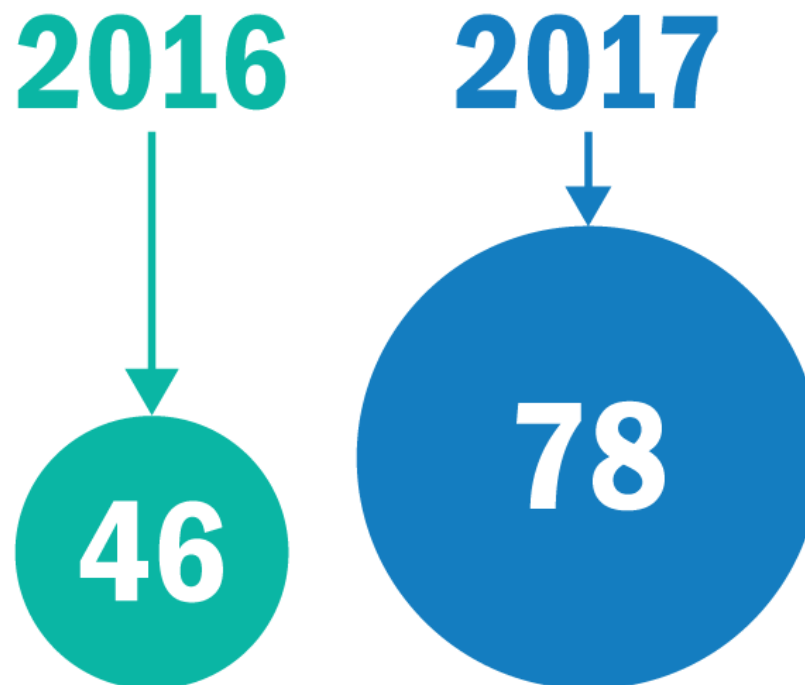
## Opioid Poisoning Emergency Department Visit Rate



<sup>^</sup>2018 City of Barrie data only includes January - June.

# THE NEED FOR AN OPIOID STRATEGY

Opioid deaths in Simcoe  
Muskoka: 70% increase



Simcoe Muskoka District Health Unit. Opioid deaths. 2018; Available from:  
<http://www.simcoemuskokahealthstats.org/topics/alcohol-drugs/drugs/opioids/opioid-deaths>.

# DEVELOPING A LOCAL APPROACH



## Action Pillars



## Foundational Pillars





# DEVELOPING A LOCAL APPROACH

## SMOS Steering Committee Members

### COCHAIRS

**Dr. Lisa Simon**  
Simcoe Muskoka District Health Unit

**Dr. Rebecca Van Iersel**  
North Simcoe Muskoka Local Health  
Integration Network

### MEMBERS

**April Hawke**  
Co-lead Harm Reduction Pillar  
Central North Correctional Centre

**Caitlin Bahen**  
North Simcoe Muskoka Local Health Integration Network

**In transition**  
Lead Emergency Management Pillar  
County of Simcoe

**Charlene McDonald**  
Simcoe Muskoka District  
Health Unit

**Chris Brens**  
North Simcoe Muskoka Local Health Integration Network

**Claudia Swoboda-Geen**  
Co-lead Prevention Pillar  
Simcoe Muskoka District Health Unit

**Janice Greco**  
Simcoe Muskoka District  
Health Unit

**Jim Walker**  
Co-lead Enforcement Pillar  
Ontario Provincial Police

**Karyn Baker**  
Co-lead Prevention Pillar  
Georgian College

**Kelly Lowther**  
Lead Data and Evaluation Pillar  
North Simcoe Muskoka Local Health Integration Network

**Megan Williams**  
Simcoe Muskoka District  
Health Unit

**Meredith Fryia**  
Lead Treatment/Clinical Practice Pillar  
Canadian Mental Health Association

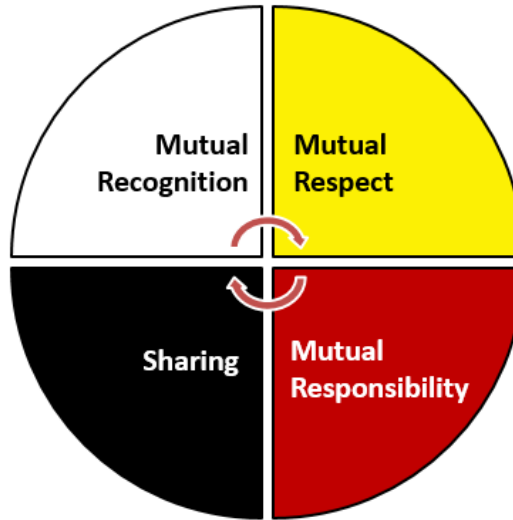
**Mia Brown**  
Co-lead Harm Reduction Pillar  
Simcoe Muskoka District Health Unit

**Susan Lalonde Rankin**  
Liaison to North Simcoe Muskoka Local Health Integration Network  
Mental Health and Addictions Committee  
Waypoint Centre for Mental Health Care

**Sue Thorburn**  
Co-lead Enforcement Pillar  
Ontario Provincial Police

# AN INDIGENOUS OPIOID STRATEGY AND ACTION PLAN FOR NORTH SIMCOE MUSKOKA

Intercultural Work between All Peoples  
(Using Indigenous Methodology)



Source: The Royal Commission  
on Aboriginal Peoples (RCAP), 1997

# PART 2: SMOS ACTION PLAN



## **SHORT**

Any work that will be fully implemented in 2018.



## **LONG**

Any work that will be fully implemented by 2019-2020.



## **MAINTENANCE**

Work will be implemented within the determined timeline, but operations will be ongoing for many years.

# FOUNDATIONAL PILLAR: LIVED EXPERIENCE

The impact of peer response or voices of people with lived experience cannot be underestimated in shaping the community opioid response.



# FOUNDATIONAL PILLAR: DATA & EVALUATION

Provides a foundation for evidence based planning, surveillance, monitoring and evaluation.



# ACTION PILLAR 1: PREVENTION

Help prevent the onset of substance misuse while encouraging recognition of the early warning signs of addiction, and referral to community supports as appropriate.



# ACTION PILLAR 1: PREVENTION

## GOALS

Increase **knowledge and skills** in addressing harms associated with opioid misuse.

**Engage target population** including at-risk groups in the development of educational resources and health promotion initiatives related to opioid misuse (at-risk youth, lived experience, seniors).

Support the procurement/development and dissemination of **patient resources** that can be used by health care practitioners in the education of appropriate use of opioids, including alternatives to opioid therapy.  
Collaborate with Treatment/Clinical Pillar.

Collaborate with other pillars on the development of a **SMOS website**, to facilitate sharing of information and resources with community partners.

Collaborate on implementation of evidenced-based initiatives that address **root causes of opioid misuse** as relates to: mental health and addictions, and early childhood development and parenting.

Collaborate with other pillar groups around **anti-stigma** initiatives/campaigns.

# ACTION PILLAR 2: TREATMENT/CLINICAL PRACTICE

Treatment refers to interventions that seek to improve the physical and emotional well-being of people who use or have used substances.





# ACTION PILLAR 2: TREATMENT/CLINICAL PRACTICE

## GOALS

Increase awareness of existing **resources for treatment** of opioid use disorder.

Provide **educational opportunities** for primary care providers and pharmacists on the topics of treatment of opioid use disorder, tapering of prescription opioids, opioid agonist treatments and non-opioid pain management.

**Offer to support First Nations, Métis, Inuit (FNMI) communities** in the implementation of the Indigenous Led Opioid Strategy.

Facilitate **local mentorships** between addictions medicine and primary care,

Improve timely **access to addiction treatments** throughout the North Simcoe Muskoka Local Health Integration Network.

Improve **access to interdisciplinary chronic pain treatment**.

Improve **management of Neonatal Abstinence Syndrome**.

# ACTION PILLAR 3: HARM REDUCTION

Harm reduction refers to policies, programs and practices that aim to reduce the harms associated with the use of psychoactive drugs in people unable or who choose not to stop.



# ACTION PILLAR 3: HARM REDUCTION

## GOALS

Increase **awareness of harm reduction strategies** for people who use illicit and prescription opioids.

Increase **naloxone distribution** by area pharmacies, community partner agencies serving at-risk populations and local emergency rooms.

Increase access and availability of **Needle Exchange Program (NEP) services** including drug checking.

Increase access to **overdose prevention sites (OPS) and supervised consumption sites (SCS)** in the region.

Increase **communication** among SMOS community partners and the general public regarding the work of SMOS and status of the opioid-related harm in Simcoe Muskoka in collaboration with other pillars.

**Decrease stigma** regarding people who use drugs in interactions with the general public, including health care practitioners and first responders.

**Decrease barriers in the 911 response** to an opioid overdose for people who use drugs.

# ACTION PILLAR 4: ENFORCEMENT

Enforcement and justice refers to interventions that seek to strengthen community safety by responding to crime and community disorder caused by substance use.



# ACTION PILLAR 4: ENFORCEMENT

## GOALS

Increase communication across law enforcement agencies in order to identify and **target those individuals who manufacture and distribute opioids.**

**Reduce the supply of illicit opioids** in the Simcoe/Muskoka area through a cohesive enforcement strategy.

# ACTION PILLAR 5: EMERGENCY MANAGEMENT

Opioid addiction and misuse present hazards to our communities that can lead to large-scale events requiring emergency response.



# ACTION PILLAR 5: EMERGENCY MANAGEMENT

## GOALS

Foster ongoing, comprehensive **situational awareness** for the Simcoe and Muskoka Emergency Response Committee of current issues related to opioid abuse, misuse and addiction.

Enable **surveillance for timely alerting** about, and response to, opioid overdose outbreaks.

Ensure a constant state of readiness to respond to and to facilitate a **coordinated response to complex events of opioid overdose outbreaks** (multi-person or multi-site).

Support **timely coordinated communications** among key stakeholders and to the public.

**Collaborate** on activities related to opioid overdose outbreaks which may include prevention, harm reduction, treatment and enforcement.

Facilitate **timely after-action review** following a coordinated response for the purposes of continuous improvement.

# PART 3 - NEXT STEPS



[www.preventOD.ca](http://www.preventOD.ca)



# PURSUING A SUPERVISED CONSUMPTION SITE FOR BARRIE



- Application led by SMDHU, Gilbert Centre, & CMHA Simcoe County, on behalf of Harm Reduction Pillar of SMOS
- Jan – Mar 2019: Consultations
  - People with lived experience of drug use, community stakeholders, and general public
- April - June 2019: Report and Application
  - Consultation report, finalize service delivery model and site selection, and seek endorsement of application by City of Barrie council
  - Will include plan for addressing community concerns

# ROLE FOR COUNCIL IN SUPPORT OF SMOS

- Continue informing yourselves on this critical community issue
- Support staff engagement in SMOS (e.g. SCS planning) and local collaborations addressing opioid and other drug-related harms (e.g. Barrie Drug Awareness Partnership)
- Locally champion/facilitate those aspects of the Action Plan that relate to municipal jurisdiction, including within: Prevention, Harm Reduction, Enforcement, and Emergency Management