

Panel Presenters Biographies
2018 December 19 Strategic Council Meeting
Community Action on Mental Health and Addiction

Capri Rasmussen

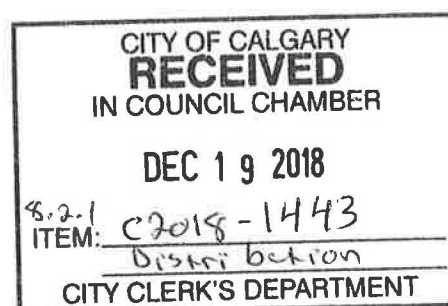
Capri Rasmussen has been a Registered Social Worker in Calgary for 22 years. She received her Bachelor of Social Work Degree with Distinction from the University of Victoria (2005) and her Social Work Diploma from Red Deer College (1996).

Since 2013 Capri has held the position of Clinical Administration Manager, at Aventa Centre of Excellence for Women with Addictions, providing leadership in clinical practice, staff development, ethics, research, and agency Accreditation. She currently participates in several local and provincial addiction and mental health committees including; Calgary Council for Addiction and Mental Health, Alberta Addiction Treatment Standards Working Group, Provincial Addiction Counselling Practice Council, and Canadian Research Initiative in Substance Misuse Prairie Node. Her previous Social Work positions include: Team Leader of Client Services (AIDS Calgary/HIV Community Link), Addiction Counsellor (Aventa) and Residence Counsellor (YWCA Mary Dover House).

She enjoys traveling and has been to all 7 continents, 47 countries and has restored a 1964 Dodge Travco motorhome for local trips. She shares her Bankview home with her husband, cat, and a vast collection of vintage artifacts.

Aventa Centre of Excellence for Women with Addictions

Aventa is the leader in the Province of Alberta in providing trauma informed, gender-specific, concurrent capable, live-in addiction treatment services for women, including pregnant women, women with FASD, and women experiencing family violence. Aventa has provided addiction treatment services exclusively for women since 1970 and currently provides 65 beds in two Calgary facilities. Our programs increase women's understanding of the development and impact of their addictions, maintain abstinence from their addictions and addictive behaviors, and experience an increase in their sense of well-being, and overall life satisfaction.





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CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS

Strategic Council Meeting

Capri Rasmussen BSW RSW, Clinical Administration Manager




Aventa Overview

- ▶ Mission: *"To improve the lives of women and their families affected by addiction, mental health, and trauma through treatment, advocacy and education, in a safe and supportive environment."*
- ▶ Aventa is the leader in the Province of Alberta in providing trauma informed, gender-specific, concurrent capable, live-in addiction treatment services for women, including pregnant women, women with FASD, and women experiencing family violence.
- ▶ Aventa has been providing addiction treatment services exclusively for women since 1970 and currently provides 65 beds in two Calgary facilities.



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Substance Use in Alberta

- ▶ About 20% of Alberta adults experienced an addiction or mental health problem in 2012. This is equivalent to 614,861 people, or 1 in 5 Alberta adults. (GAP-MAP)
- ▶ Among homeless Calgarians surveyed, the Calgary Recovery Services Task Force Report found:
 - ▶ 32% of respondents indicated that they drink alcohol daily or almost daily.
 - ▶ 34% of respondents indicated that they use drugs other than alcohol daily or almost daily, and 12% of respondents indicated that, on a daily or almost daily basis, they use drugs and alcohol at the same time.
- ▶ Alberta Health Services (2017-2018) substances reported in new addiction cases:
 - ▶ Alcohol 82%
 - ▶ Cocaine 41%
 - ▶ Opioids 35%
 - ▶ Crystal Meth 31% (Source: <https://www.cbc.ca/news/canada/edmonton/addictions-report-ahs-crystal-meth-1.4928783>)



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Substance Use & Aventa Clients

Primary Addiction Concern (2017-2018)

- ▶ Alcohol 43%
- ▶ Methamphetamine 23%
- ▶ Cocaine 14%
- ▶ Opioids 12%

Secondary Addiction Concern (2017-2018)

- ▶ Cocaine 21%
- ▶ Marijuana 23%
- ▶ Opioids 18%



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Opioid Related Deaths in Alberta

- ▶ The most up-to-date data shows that 733 people died from an apparent accidental opioid overdose in 2017.
- ▶ On average, 2 individuals die every day in Alberta as a result of an apparent accidental opioid poisoning.
- ▶ The most up-to-date data shows that 523 people died from an apparent accidental opioid poisoning so far in 2018 (January 1, 2018 to September 30, 2018)
- ▶ Among all confirmed drug and alcohol poisoning deaths (accidental and suicide) in 2017 and 2018, opioids (fentanyl or non-fentanyl) were directly involved in 78% of deaths.
- ▶ Multiple substances are often used at the same time as opioids, including fentanyl. This may be a result of an individual using multiple substances including opioids, or through the contamination of drugs with opioids such as fentanyl.

(Source: Alberta Health, Analytics and Performance Reporting Branch Opioids and Substances of Misuse, Alberta Report, 2018 Q1 and Q3)



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Trauma

- ▶ Adverse Childhood Experiences (ACEs) are a risk factor for substance use disorders.
- ▶ Calgary Recovery Services Task Force report noted that on average, respondents experienced between 4 and 5 traumatic or disruptive situations in childhood (before the age of 18).
- ▶ In 2017-2018, 100 % of Aventa Clients reported that they had experienced trauma at some point over their lifetime. Of these, 85 % reported they experienced some form of trauma within the last year.
- ▶ Effective addiction prevention and treatment can reduce ACEs for the next generation - 49 % of Aventa Clients reported being in a parenting role in 2017-2018.



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Mental Health and FASD

- ▶ The Substance Abuse in Canada: Concurrent Disorders report states that than 50% of those seeking help for an addiction also have a mental illness.
- ▶ Calgary Recovery Services Task Force found that 44% of all participants indicated they have been diagnosed with a disability and/or mental illness. Of the respondents who were not diagnosed with a disability and/or mental illness, 42% felt they had an undiagnosed disability and/or mental illness.
- ▶ In 2017-2018, 87 % of Aventa Clients reported some form of mental health issue within their lifetime, and 17 % reported they have Fetal Alcohol Spectrum Disorder (FASD).
- ▶ As part of Aventa's commitment to the reduction of FASD and the impact of drug and alcohol use on pregnancy, we have a priority access process for pregnant Clients. During the last fiscal year, 8 % of our Clients were pregnant.



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Impact on In-Patient Treatment Centres

- ▶ Increase in complex issues among clients served.
- ▶ Significant wait lists for in-patient treatment.
- ▶ Increase in people accessing harm reduction services and then seeking in-patient treatment services.
- ▶ In-patient treatment centres are integrating more harm reduction elements into programing including:
 - ▶ Accepting clients on Opioid Agonist Treatment (Of the Clients admitted into Aventa's programs, 10 % were participating in Opioid Agonist Treatment in 2017-2018)
 - ▶ Naloxone Kit distribution (32 % of Clients reported receiving a Naloxone kit while at Aventa in 2017-2018.)
 - ▶ Overdose prevention education for clients and staff
- ▶ Clients requiring more post-treatment supports and system navigation.
- ▶ Increased staffing needs.



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Recovery is Possible

- ▶ Life in Recovery from Addiction in Canada Report:
 - ▶ 90.7% reported their quality of life as either excellent, very good or good.
- ▶ After completion of treatment at Aventa Clients reported:
 - ▶ 97 % reported that "The treatment program provided them with skills that are useful for their recovery."
 - ▶ 88 % of reported "They are better able to manage their trauma."
 - ▶ 87 % reported "Feeling better prepared to manage their mental health."
 - ▶ 97 % reported "Having an increased sense of hope for their future."
- ▶ Aventa Alumnae:
 - ▶ 92 % reported current abstinence
 - ▶ 86 % reported "Their quality of life has improved."



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Integrated Approach

- ▶ Encompasses all Substances of Misuse
- ▶ Informed by Social Determinants of Health
- ▶ Concurrent Capable and Trauma Informed
- ▶ Gender Responsive and Culturally Safe
- ▶ Person and Family Centred
- ▶ Recovery Orientated
- ▶ Spectrum of Support
 - ▶ Awareness and Prevention
 - ▶ Stigma Reduction
 - ▶ Harm Reduction
 - ▶ Out-patient Addiction Treatment
 - ▶ In-patient Addiction Treatment
 - ▶ Specialized Services and Cross Training



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Going Forward

We Support the City of Calgary's development of a Mental Health and Addictions Strategy and leveraging current collaborations in the development of a shared strategic plan.



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Calgary Council for
Addiction and Mental Health

Providing a spectrum of support for Calgarians from residential addiction treatment to school-based resiliency education, CCAMH members are providing support and innovative solutions for people facing mental health and addiction challenges at all ages.

Our goal is for addiction and mental health to come together.

45+
Community non-profits,
government, and foundations

Providing a unified voice to
promote integration,
efficient, ethical, and
effective person and family
centered mental health and
addiction services and
supports

Working together to create
high impact, preventative
support and serve Calgarians



References

- ▶ Alberta Opioid Reports <https://www.alberta.ca/opioid-reports.aspx>
- ▶ Calgary Council for Addiction and Mental Health <http://calgaryaddictionandmentalhealth.ca/>
- ▶ Calgary Recovery Services Task Force | Final Report and Recommendations 2016/2017
[http://calgarychh.ca/wp-content/uploads/2018/09/Calgary Recovery Services Task Force Report.pdf](http://calgarychh.ca/wp-content/uploads/2018/09/Calgary_Recovery_Services_Task_Force_Report.pdf)
- ▶ Collaborative for Health and Home <http://calgarychh.ca/>
- ▶ Gap Analysis of Public Mental Health and Addictions Programs (GAP-MAP) Final Report
<https://open.alberta.ca/dataset/gap-analysis-of-public-mental-health-and-addictions-programs-gap-map-final-report/resource/71bf7d56-6704-4479-982a-35b57da07dfa>
- ▶ Life in Recovery from Addiction in Canada <http://www.ccdus.ca/Eng/topics/addiction-recovery/Life-in-Recovery-from-Addiction-in-Canada/Pages/default.aspx>
- ▶ The Substance Abuse in Canada: Concurrent Disorders <http://www.ccsa.ca/Resource%20Library/ccsa-011811-2010.pdf>
- ▶ Valuing Mental Health <http://www.health.alberta.ca/initiatives/Mental-Health-Review.html>



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