



OPIOID ADDICTION & NAVIGATION TO RECOVERY

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BRIEF OVERVIEW OF OPIOID ADDICTION

Definition: Chronic disease characterized by dependence on opioids.

Impact in Abbotsford:

- 90 overdose deaths in 2023 (rate: 51.4 per 100,000) vs 45.7 provincial
- 1,609 overdose-related calls in 2023 to EHS

COMMUNITY AND SOCIETAL IMPACT:

Healthcare Strain: The need for urgent and long-term care for opioid-related incidents has placed significant demand on Abbotsford's healthcare services, including hospitalizations and emergency interventions.

Economic Impact: The prevalence of opioid addiction contributes to lost productivity and strains public resources, including law enforcement and judicial systems.

Social and Family Consequences: Families and communities are affected deeply by addiction, with strained relationships and social isolation often resulting.

TREATMENT OPTIONS OVERVIEW

Primary Goals:

- Stabilize health, prevent relapse, rebuild lives.

Treatment Types:

- Medical (OAT: Methadone, Buprenorphine, Kadian, Naltrexone).
- Behavioral (CBT, Motivational Interviewing).
- Support (Inpatient/outpatient rehab, peer groups).
- Holistic (Mindfulness, nutrition, art therapy).

WHY OAT ?

Reduces cravings and withdrawal symptoms through medication support, stabilizing brain chemistry for a safer recovery process.

Stabilizes Physical Health: Allows to regain control over cravings and withdrawal symptoms.

Facilitates Behavioral Therapy Participation: Patients are able to engage in therapy when not dealing with acute cravings.

Reduces Risk of Relapse.

ADVANCES IN OAT

- Rapid stabilization within 1 week
- Rapid transition to once a month dosing regimen
- Medication carries to encourage patient autonomy
- Adjunct medications to help with withdrawal management for outpatient detox
- Patient centered, trauma informed approach at every step of medical care
- Concurrent family therapy
- Integrative medical care with mental health

TREATMENT JOURNEY

Stages of Recovery:

1. Detox
2. Treatment
3. Recovery
4. Re-integration

Focus Areas:

1. Stabilize health
2. Prevent relapse
3. Rebuild life

WHAT IS DETOX?

Managing withdrawal symptoms safely.

- Inpatient: 24/7 medical care – Creekside withdrawal Management Center
- Outpatient: Flexibility with regular supervision – Rapid Access Addiction Clinics

INPATIENT/OUTPATIENT TREATMENT

Inpatient –

1. Abstinence/ OAT based
2. Private/ Public
3. Therapy based – individual preference (Religion/cultural/others)

Outpatient – free/ MSP

1. Adult Day, Evening, Weekend (DEW) Treatment Program
2. Archway for counselling services / support groups
3. Peer support worker program
4. Rapid Access Addiction Clinics / Abbotsford OAT clinic

WHAT NEXT ?

Second-Stage Housing/ Transitional Programs -

1. Bridges the gap between inpatient treatment and independent living
2. Gradual adjustment to daily responsibilities without pressures of self-sufficiency
3. Access to continued counseling, group meetings, and life skills workshops.
4. Reduced exposure to triggers or environments that may lead to relapse

Local :

- Kinghaven, Peardonville House, SARA for women

BEHAVIORAL AND RECOVERY PROGRAMS

Core Therapies:

- CBT: Identify triggers, change thought patterns.
- MI: Build motivation for recovery.
- Group/Peer Support therapy: Narcotics Anonymous, SMART Recovery.

FAMILY AND COMMUNITY INTEGRATION

Family Reconnection:

- Family therapy rebuilds trust, educates families.

Community Support:

- Peer support groups, mentorship programs.

Importance:

- Reduces isolation, encourages recovery.

EMPLOYMENT AND HOUSING SUPPORT

Housing Stability:

Housing is crucial to maintain stability, safety, and independence.

Employment :

1. **Sense of Purpose and Routine:** Employment adds structure to daily life, reducing idle time and helps build a positive self-image.
2. **Financial Stability:** Stable income reduces stress and promotes independence
3. **Building New Skills:** provide practical skills that support long-term independence.

CONTRIBUTING BACK TO THE COMMUNITY

Ways to Contribute:

- Volunteer, mentor peers in recovery.

Benefits for Recovery:

- Enhances self-esteem, reinforces sobriety.

Empowering Others:

- Inspires and strengthens community support.

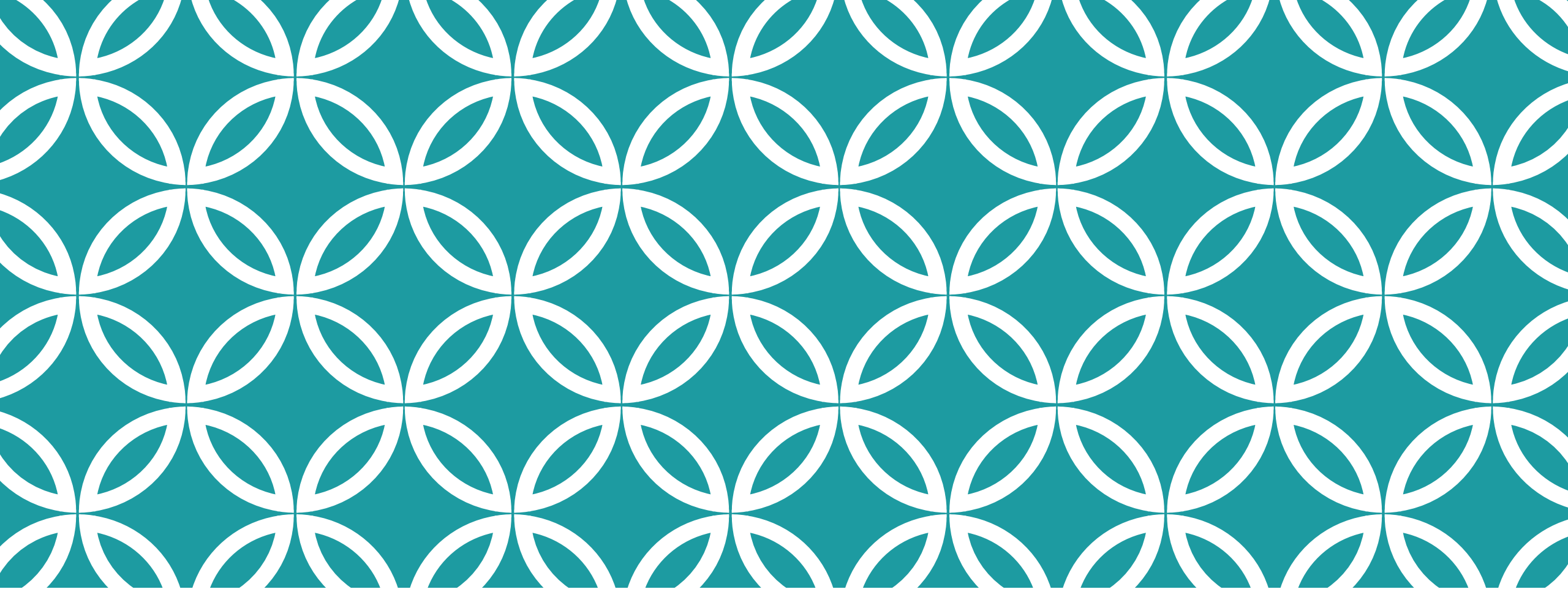


HOW DOES OUR PUBLIC SYSTEM HELP?

- Physicians practicing evidence based medicine to improve patient outcomes.
- Delivering healthcare equity through professional medical evaluation.
- Professionals prioritizing patient safety

HOW ARE WE DIFFERENT?

- Free medical service
- Free transportation for patients to attend appointments, groups, interviews
- Comprehensive access to social service programs
- Outreach teams to access homeless – IHART
- Overdose outreach teams for housed population - OOT
- Intensive case management teams for concurrent mental health – ICM (coming soon)
- Integrated team based care with – Archway, Foundry



THANK YOU FOR LISTENING

Questions ?