

META:PHI Annual Conference 2020

Speakers



Plenary speaker: Roberta K. Timothy BA MA MEd PhD

Incorporating anti-oppression praxis in your work with people who use drugs

Roberta K. Timothy is an Assistant Professor in the Teaching Stream and the new Director of Health Promotion at Dalla Lana School of Public Health at the University of Toronto, specializing in the areas of intersectionality and ethics in health work; health and race; transnational Indigenous health; and anti-oppression/anti-colonial approaches to mental health. Dr. Timothy has worked for over 30 years in community health working on resisting anti-Black racism and intersectional violence strategies. Dr. Timothy is also co-founder and consultant at Continuing Healing Consultants where she implements and teaches her intersectional mental health model "Anti-Oppression Psychotherapy". She is an interdisciplinary scholar, health practitioner, and political scientist who examines global health and ethics from a critical trauma-informed decolonizing framework.



Lisa Bromley MD CCFP (AM) FCFP

Networking A: Inpatient medicine

Dr. Lisa Bromley is a family physician with a focused practice in Addiction Medicine. She is the Medical Director of The Ottawa Hospital Substance Use Program, supporting care for patients admitted to hospital who use substances. She has been a methadone prescriber since 2001. Her community practice is located at the Oasis Program at the Sandy Hill Community Health Centre, which provides harm reduction-based health and social services (including HIV and Hep C treatment) for people who use drugs who experience barriers to health and recovery due to stigma, poverty, criminalization and mental illness; it also houses a RAAM clinic. Dr. Bromley is a Lecturer with the Faculty of Medicine at the University of Ottawa.



Tali Cahill BScN RN

Session 2C: Harm reduction for hospitalized patients and people who inject drugs

Taliesin Magboo Cahill (Tali) has several years of experience working with and for people who use drugs. Currently she is the Nursing Team Lead for the Oasis Program at the Sandy Hill Community Centre and a Master's student at the University of Ottawa. Previously she was a volunteer at Overdose Prevention Ottawa's unsanctioned overdose prevention site and an inpatient medicine nurse at the Ottawa Hospital.



Charles Coke, Peer Support Advocate

Session 3B: *The roles of peer support and lived experience in addiction medicine*

Charles grew up in Toronto and made his home in Owen Sound 25 years ago. His work with CMHA Grey Bruce as an employee and peer are key factors in his well-being. Charles has also sat on the Grey Bruce Health Services' Substance Use Strategy Committee as a peer advocate and helped lead the formation of a peer-run support group at CMHA Grey Bruce. In his spare time, he enjoys cooking, listening to music, and painting.



Katie Dunham BSc BScN MN NP-PHC

Session 3A: *Long-acting buprenorphine options*

Katie is a Primary Care Nurse Practitioner with a focus in addiction medicine and a background in emergency medicine. She has been working at the London, RAAM for over three years now, developing microdosing protocols, and providing novel, long-lasting buprenorphine treatment options to her patients for over a year. She has been sharing her experience and providing education on these topics across Canada.



Jennifer Eyford MSc BSc BN RN

Session 2B: *RAAM innovations: The Alex RAAM*

Jennifer is passionate about harm reduction and building health equity for marginalized populations. Her nursing career has enabled her to work in a variety of healthcare settings, including the Alberta Health Services' Supervised Consumption Site and the Injectable Opioid Agonist Therapy Program (iOAT). She currently serves as the Associate Director for Mental Health and Addictions at The Alex Community Health Centre. Jennifer is a strong advocate for building effective teams, providing client-centred care, and bringing a trauma informed lens to all clinical and operational decision-making. She received her education at the Illinois Institute of Technology in Chicago, IL and Mount Royal University in Calgary, AB. Jennifer's hobbies are long-distance running and reading.

Christopher Francoeur, Community Worker, Oasis Program, Sandy Hill Community Health Centre

Session 2C: *Harm reduction for hospitalized patients and people who inject drugs*



Tara Gomes PhD MHSc

Panel: *COVID-OAT changes*

Tara Gomes is an epidemiologist, a Principal Investigator of the Ontario Drug Policy Research Network, and a Scientist at St. Michael's Hospital and the Institute for Clinical Evaluative Sciences. She is also an assistant professor at the University of Toronto and holds a Canada Research Chair in Drug Policy Research and Evaluation. Her research program focuses on pharmacoepidemiology, drug safety and drug policy research, with a specific interest in developing evidence to inform policies related to the safety of opioid use across Canada.



Angie Hamilton LLB BCL

Session 4B: *Family-centred care*

Networking D: *Legal/human rights issues and SUD: Autonomy/consent/capacity/privacy*

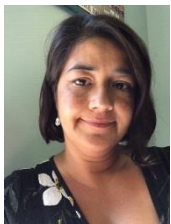
Angie Hamilton is the Executive Director of Families for Addiction Recovery (FAR), a Canadian charity founded in 2016 by families whose children struggled with addiction from an early age. Angie graduated from McGill University in law and practiced in Ontario for 18 years. She is a member of the National Board of MADD Canada and the Ontario Family Caregivers' Advisory Network, sits on the Toronto Drug Strategy Panel, and has been on advisory groups for various organizations such as the Canadian Centre on Substance Use and Addiction and the Mental Health Commission of Canada. Through lived experience with one of her sons' struggles with addiction, Angie has developed a passion for supporting other families struggling with addiction, compassion for those in active addiction, and an immense respect for those living in recovery.



Julie Henderson MD FRCPC DABAM

Session 3C: *MI and brief interventions in the addictions setting*

Julie Henderson is a staff psychiatrist at Women's College Hospital where she works part-time with the Substance Use Service seeing patients with concurrent mental health disorders. She has taught Motivational Interviewing to residents in psychiatry at the University of Toronto for many years and integrates this into regular practice. She has facilitated Seeking Safety groups for concurrent substance use disorders and PTSD and is currently practicing Cognitive Processing Therapy for PTSD as part of a study training new providers.



Christina Henry RN BA BScN

Session 1B: *Resources and strategies to support vulnerable and marginalized patients in RAAM clinics*

Christina is the Registered Nurse at the Rapid Access Addictions Medicine Clinic in Thunder Bay, Ontario. She was raised in a rural town in Southern Ontario before moving to Ottawa to obtain her Bachelor of Arts in Biology at Carleton University. On its completion, she embarked on a backpacking trip across India for several months which opened her eyes to the challenges and resiliency of those less fortunate and served as the inspiration to get into the field of nursing. She moved to Thunder Bay to obtain her Bachelor of Science in Nursing at Lakehead University and stayed to start her career and family, having fallen in love with the beauty of Northwestern Ontario. Her nursing career began in acute care oncology, but years later she moved into community care as a Hepatitis C Treatment nurse followed by outpatient mental health nursing. When the RAAM Clinic opened in Thunder Bay, she felt it was the perfect fit both for herself and the needs of the community. She is a member of the newly launched META:PHI Provincial Advisory Committee, where she hopes to bring a strong voice for Northwestern Ontario to the discussions.



Melissa Holowaty PhD MD CCFP (AM)

Session 4C: *Contingency management*

Dr. Holowaty is the Chair of the Medical Interest Group in Addiction Medicine for the College of Family Physicians of Canada (CFPC). She is a graduate of the University of Toronto, completing a PhD in Molecular Virology in 2004, an MD in 2008, and a family medicine residency in 2011. She is a Diplomate of the Canadian Academy of Pain Management, has received certification from the International Society of Addiction Medicine, and has her Certificate of Added Competence in Addiction Medicine from the CFPC. She is currently completing an MS in Palliative Care from the University of Maryland. She is an Adjunct Assistant Professor at Queen's University and Lecturer at the University of Ottawa in the Departments of Family Medicine. She lives in rural Ontario with her husband, Michael, and three Boston terriers.



Daphne G. Jarvis LLB

Networking D: *Legal/human rights issues and SUD: Autonomy/consent/capacity/privacy*

Daphne G. Jarvis, a partner with Borden Ladner Gervais LLP, graduated from the Faculty of Law, University of Ottawa in 1984, and was admitted to the Ontario Bar in 1986. She also has undergraduate bachelor degrees in both philosophy and biology. Her practice concentrates on litigation and administrative law, with a particular emphasis on health law. She has acted as counsel for hospitals, nurses, physicians, and other health providers at inquests, courts at all levels, and administrative tribunals. She also provides education, counsel, advice, advocacy and policy review on a large range of medico-legal matters, including capacity and consent to treatment and end of life issues. In 2019, Daphne was presented with the Susan Hilary Davidson Ontario Bar Association's Award for Excellence in Health Law.



Meldon Kahan MD CCFP FRCPC

Session 1A: *Methadone treatment in the fentanyl era: New consensus guidelines*

Networking E: *Fentanyl challenges*

Dr. Kahan is an Associate Professor in the Department of Family and Community Medicine at the University of Toronto, Medical Director of the Substance Use Service at Women's College Hospital, and Medical Director of the META:PHI program. Over the years he has written several peer-reviewed articles, guidelines, and educational publications on addiction-related topics. His main interests are primary care and addiction, opioid agonist treatment, medical marijuana, and medical education in addiction.

Malcolm Kennedy, Patient Representative

Panel: *Patient experience*



Michelle Klaiman MD FRCPC DABAM

Panel: *Working with managed alcohol/managed stimulant programs during COVID*

Dr. Michelle Klaiman is an Emergency and Addiction Medicine Physician at St. Michael's Hospital in Toronto and faculty at the University of Toronto. In addition, she has a community addiction medicine practice. Michelle completed her FRCP-EM training at the University of Toronto and an Addiction Medicine Fellowship at the Center for Addiction and Mental Health. She is the Equity Co-Lead and Clinical Clerk Coordinator for the SMH ED. Her active research portfolio aims to improve the care of those presenting to the ED with alcohol- and substance-related issues.

Vincent Lam MD CCFP (AM) ASAM CSAM

Panel moderator: *Innovations in care for people with SUDs during COVID: What can we learn going forward?*



Tara Leary MD CCFP FCFP

Networking C: *Rural and remote practices*

Based in Sudbury, Dr. Leary has been practicing in Northern Ontario since 2001, focusing on mental health and addictions for the last 9 years. Her work supports multiple agencies, from Health Sciences North Withdrawal Management Service and RAAM clinic to Northwood Recovery and Maamweysying North Shore Community Health Services. She currently serves as the Regional Addictions Physician Lead, Operational Engagement for northeastern Ontario, coordinating the implementation of inpatient and outpatient addictions services across the region. Dr. Leary has long been a passionate advocate for underserved and marginalized populations, not only in her clinical work, but also in her role as Assistant Professor at Northern Ontario School of Medicine and her volunteer positions with organizations including the NELHIN Health Professionals Advisory Committee and Independent Living Sudbury Manitoulin as well as the Mayor and Council's Roundtable for Children and Youth.



Ken Lee MD MCFP (AM)

Session 3A: *Long-acting buprenorphine options*

Dr. Lee is the Medical Director at the London RAAM clinic, which was started in 2014 as part of the ARTIC META:PHI project. This project has developed a care path for patients with addictions from the emergency department to a RAAM clinic. Dr. Lee's general medical practice is located within the Canadian Mental Health Association, where he provides medical and psychiatric care to persons diagnosed with serious mental illness. He also works as a surgical assistant at London Health Sciences Centre, with the Veterans Affairs Canada Operational Stress Injuries Clinic treating Canadian Forces Veterans suffering from PTSD, and with the College of Physicians and Surgeons of Ontario as part of the Quality Assurance Committee.



Lisa Lefebvre MDCM MPH CCFP (AM) DABAM FASAM CCSAM CMRO

Session 1C: *Caring for health professionals with SUD*

Dr. Lefebvre completed a fellowship in Addiction Medicine at the University of Toronto in 2006 and became a Diplomate of the American Board of Addiction Medicine in 2009. She received her Certificate of Added Competence in Addiction Medicine from The College of Family Physicians of Canada in 2019 (the inaugural year for this certification). She is also certified by CSAM and the Medical Review Officer Certification Council. Dr. Lefebvre chairs the CSAM Education Committee and was previously Medical Head of the Addiction Medicine Service at CAMH and Program Director for the U of T Addiction Medicine Fellowship. She is currently Associate Medical Director at the OMA Physician Health Program and also practices addiction medicine in the community.



Leslie Molnar MSW RSW

Session 3C: *MI and brief interventions in the addictions setting*

Leslie Molnar is a clinical social worker/psychotherapist working in the Substance Use Service at Women's College Hospital, where she provides assessment, psychotherapy, and group experiences to patients struggling with substance use disorders. She also works in the General Psychiatry/Mental Health in Medicine program, a specialized mental health service for clients with mental health concerns complicated by a concurrent medical illness, where she delivers individual psychotherapy and facilitates a CBT group for depression and anxiety as well as a group for people who have PTSD symptoms and substance use issues. As META:PHI's social work educator, Leslie provides educational support to social workers and outreach workers in RAAM clinics across the province. She has trained in trauma-informed care and a number of therapeutic interventions, including CBT, relational psychotherapy, DBT, structured relapse prevention, CPT, and IPT, and brings compassion and enthusiasm to her work.



Adam Newman MD FCFP (AM) CCSAM

Session 1C: *Caring for health professionals with SUD*

Dr. Newman practiced full-scope family medicine in Sioux Lookout and Kingston for 20 years before obtaining Certification from the Canadian Association of Addiction Medicine in 2013. Since then, his practice has been focused on addiction medicine and harm reduction exclusively, including perinatal addictions and substance use. He is the Most Responsible Physician for opioid-dependent infants rooming in with their mothers at Kingston Health Sciences Centre. He is also the founding board chair of the Kingston House of Recovery for Women and Children, and a member of the Substance Treatment and Rehabilitation Team (START), which provides addiction medicine consultation and treatment for inpatients at KHSC. In 2010, he was admitted to Homewood in Guelph for opioid use disorder and was monitored under contract with the Physician Health Program for five years.



Valerie Primeau MD FRCPC

Session 2A: *Co-prescribing for concurrent disorders*

Dr. Primeau is a bilingual psychiatrist in North Bay. She has been actively involved in the treatment of concurrent disorders. She is the physician lead for the implementation of medically supervised withdrawal management at the North Bay Regional Health Centre and the rural implementation of the CAMH Integrated Care Pathway on alcohol use disorder and depression. She also provides physician leadership at the RAAM clinic at the Community Counselling Centre of Nipissing. She was a member of the Ontario Health Alcohol Use Disorder Quality Standard Advisory Committee and is helping revise the Withdrawal Management Standards with Addictions and Mental Health Ontario. She sits on the Executive Committee of the Ontario Psychiatric Association and is involved in resident education, and is currently the North Bay Co-Site Director and Psychotherapy Coordinator for the Northern Ontario School of Medicine Psychiatry Residency Program.



Lori Regenstreif MD CCFP (AM) FCFP MScCH (AMH) CISAM

Session 1A: *Methadone treatment in the fentanyl era: New consensus guidelines*

Lori Regenstreif is a family doctor working in inner city Hamilton in several addiction care settings, including an in-patient consult service for patients with OUD, the St. Joseph's RAAM clinic, and an outpatient OAT clinic in the basement of a church. She has a special interest in mental health and addiction care for incarcerated populations and would like to wave her magic wand and make street fentanyl and alprazolam disappear.



Lindsay Reynolds MEd RP

Session 2B: *RAAM innovations: Lakeridge opioid navigator*

Lindsay Reynolds has provided care to people who use drugs and alcohol for the past 18 years. As the Opioid Navigator at Lakeridge Health Hospital, she works collaboratively with the health care team and with patients in the emergency department to provide patient-centered care and case management, and to seamlessly connect patients to treatment and/or harm reduction and services. Her role is to assist in case identification and to advocate for patients to receive medical management as early as possible, including buprenorphine treatment in the ED. She works to facilitate patients' transition to the RAAM clinic for ongoing medical and psychosocial care, and offers support to patients not yet ready to engage in treatment by providing them with take-home naloxone kits and education on overdose prevention and safer injection practices.



Josh Richardson RP RPN

Session 3B: *The roles of peer support and lived experience in addiction medicine*

Josh Richardson works at the Grey Bruce Health Services RAAM clinic in Owen Sound, where he provides both one-on-one and group substance use support. He studied philosophy of psychiatry as a graduate student and received his psychiatric certification

as a practical nurse before training to be a psychotherapist. During his time off, he can be found with his three kids watching a bad movie, cooking together, or on a family hike.



Michael Roach, Regional Lead, Addictions Services Mental Health and Addictions Programs, Health Sciences North

Panel: *Virtual care*

Michael Roach is the North Eastern Ontario regional lead for addictions services, including RAAM clinics and the Addictions Medicine Consult Teams (AMCT). He also co-chairs the Northern Addictions Task Team, a pan-Northern Ontario committee responding to substance use during COVID-19. In addition to providing regional leadership, he is also the interim manager for Sudbury's RAAM clinic and has been leading the implementation of the Health Sciences North AMCT throughout the hospital. Michael is a registered nurse with a varied background in education, nursing regulation, mental health, long-term care, community health, and as a school nurse in London, England.



Mark Weiss MD MCFP (AM)

Session 1C: *Caring for health professionals with SUD*

Dr. Weiss has practiced addiction medicine for 20 years. He has previously worked as the Medical Director at Bellwood and Chief of Addiction Medicine of Homewood. Currently, Dr. Weiss is a Medical Director for Renascent, which provides residential addiction treatment care fully funded by the Ministry of Health. Dr. Weiss has a particular interest in the co-management of concurrent disorders, psychotherapy, and mindfulness in healing addiction. Dr. Weiss has been a member of the PHP's Physician's Advisory Panel and has significant experience in the assessment and treatment of addiction in safety-sensitive work.



Louise Lemieux White BScN RN

Session 4B: *Family-centred care*

Louise Lemieux White is a Registered Nurse and proud mother of four young adults. When Louise is not working at a busy Toronto hospital, you can find her tirelessly volunteering for Families for Addiction Recovery (FAR). Co-founded by Louise in 2016, FAR is a grassroots Canadian charitable organization created as a result of Louise's personal insight into the lack of resources available to youth and adults, as well as their families, whose children struggle with a substance use disorder.



Jennifer Wyman MD CCFP FCFP DABAM MPH

Session 4A: *Case discussions: Managing non-opioid substance use issues*

Dr. Wyman is an Assistant Professor in the Department of Family and Community Medicine at the University of Toronto, Associate Medical Director of the Substance Use Service at Women’s College Hospital in Toronto, and the META:PHI program’s Medical Educator. As a physician working in primary care and addictions, in community and academic settings, her interest is in improving care pathways for people with substance use disorders through education, resource development, and advocacy across the health care sectors.