



Addiction & Substance Use Disorder Toolkit



Addiction and substance use disorder (SUD) are complicated diseases. They can affect 1 in 5 Canadians in any given year - predominantly males aged 15 to 24 - and are two times more likely to occur in those with mental illness than in the general population. In fact, it works the other way around too. People with substance use disorder are three times as likely as the general population to have a mental illness.

How Can You Manage Addiction and Substance Use Disorder?

We compiled these tools to help prepare you with resources for a loved one or if you need counselling yourself.

Feel free to share this toolkit with your colleagues and loved ones. You never know who may be in need of support.

What are Substance Use Disorder (SUD) and Addiction?

Anyone can develop an addiction. However, certain factors increase the likelihood of one person developing an addiction over another. These factors include genetics, environment, pre-existing mental illness, age, drug of choice, and route of administration.

Substance Use Disorder (SUD) and addiction are complex illnesses. You may think of someone who regularly uses drugs when you think of these terms, but they are distinct. Though these terms may be used interchangeably in everyday life, SUD refers specifically to someone who continually uses a substance despite harmful consequences - this is also referred to as physical addiction. People can also develop behavioural addiction to habits such as gambling, gaming, or shopping. It is important to recognize this distinction because the treatment for the type of addiction will vary depending on the situation, but there is help available for both physician and behavioural addiction.

Here's a list of some substances and behaviours people can develop an addiction to:

- Alcohol
- PCP, LSD, and other hallucinogens
- Inhalants, such as paint thinners and glue
- Opioid pain killers such as codeine, oxycodone, and heroin
- Anxiety medications
- Cocaine, methamphetamine, and other stimulants
- Playing video games
- Watching television
- Surfing the internet
- Having sex
- Shopping
- Gambling



ALAViDA: Substance Use Support, Right from your Smartphone

The ALAViDA TRAiL Hello Program combines the ALAViDA app and therapy (and medication, if appropriate) to help individuals struggling with alcohol and other substance use issues.

The 20-week course begins with a Substance Use Awareness self-assessment. Along the way, you are provided with:

- Daily notifications and self-tracking tools
- A personalized learning plan with iCBT modules
- Library of educational content
- Progress and health outcome reporting
- Asynchronous messaging with an ALAViDA therapist (MSW or RSW)
- Optional medical treatment (*when applicable, as determined by a licensed physician*)

This evidence-based approach aims to help you control your behaviour patterns, so you're the one in control of your life.

How does ALAViDA work?

The ALAViDA program uses a combination of therapy, counselling and support, tailored to the client's needs. The therapy helps to create new behaviours and a new reward system so that change can be long-lasting. It can include Cognitive-Behavioral Therapy (CBT) and Motivational Enhancement Therapy (MET), both of which have been successful in treating heavy drinking. MET helps clients with rapid, internally motivated change while CBT helps clients change patterns of thinking and behaviour. The combination of both the care team and the technology is what makes ALAViDA so effective.

79%

Reported increased control of substance

86%

ALAViDA users reduced their consumption

100%

Private and confidential

Manage Alcohol Use Online with MindBeacon

Since the onset of the COVID-19 pandemic in 2020, almost 24% of Canadians have reported increased alcohol consumption.

Who is it for?

MindBeacon's clinical psychologists and social workers consulted with addictions experts at CAMH to develop the Managing Alcohol Use program. The program is intended to help struggling Canadians build healthy relationships with alcohol.



How does it work?

The eight to twelve-week program is for those coping with mild to moderate alcohol usage habits. It combines leading cognitive behavioural principles to equip Canadians with the skills to manage thoughts, behaviours and physical symptoms associated with drinking. The client works with a therapist online, to develop strategies to monitor daily intake, identify triggers and set goals.

How much does it cost?

This program is free for employees (and their dependents age 18+) covered under the BCCA Employee Benefit Trust plan. It is also covered by most Canadian benefit plans. If you don't have a benefit plan, there is a \$50 assessment fee, followed by 2 payments of \$150, and a final payment of \$175 for the Program.

How Can I Access MindBeacon's Managing Alcohol Use Program?

1. If you're covered under the BCCA Employee Benefit Trust, visit mindbeacon.com/bccabenefits
2. Otherwise, visit mindbeacon.com/guided-cbt-programs
3. Sign up for the Therapist Guided Program
4. Complete the assessment
5. Start working with a registered therapist



What to do if you...

Witness an overdose

If you suspect an overdose, follow the BC government's SAVE ME steps. Watch this video to learn how to react if you witness an opioid overdose.

Experience suicidal thoughts or someone expresses suicidal ideation or feelings of causing harm to others in your presence

Call 9-1-1 immediately. The police will send a team that includes a mental health worker to assess the situation. Police officers are well-trained in de-escalation and will take the person experiencing these thoughts to the hospital if necessary.

Once in the hospital, a team of psychiatrists will assess the individual and notify you of their status. They may be released within a few hours or many days depending on the situation.

Experience disorganized thoughts, paranoia, or feel unsafe

Call 9-1-1 and explain your thoughts. A team will visit you at your residence and create a report.

Live with someone who is addicted to drugs

Set boundaries. If you are not okay with the person using drugs in the household, express that and enforce consequences. If you need to change your living situation, make it happen. If you will not support their habits financially, by providing shelter, food, or other comforts, make it clear. Above all else, look after your wellbeing because living with an addicted person is harmful to those around them.

Good Samaritan Law



**Suspect an overdose?
Stay and call 9-1-1**

The Good Samaritan Law protects you from simple drug charges.

#StopOverdoses

[Learn more at Canada.ca/Opioids](https://Canada.ca/Opioids)