

EDUCATIONAL AND MENTORSHIP RESOURCES

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INTRODUCTION

Education and mentorship are two of META:PHI's program priorities. Through collaborations with our network of partnering organizations and individuals, we have developed several learning opportunities and materials for providers in the RAAM clinic setting as well as across the substance use care system. We have also provided a list of external resources that may be helpful to your team.

META:PHI RESOURCES

Addiction NP Community of Practice

Addiction-NP is a community of nurse practitioners with an interest in addiction care. It consists of a listserv and a monthly meeting held on the last Wednesday of the month at noon (excluding July and August). Nurse practitioners from across Canada use this space to share knowledge and resources, ask questions, and make connections with other NPs.

NPs wishing to join can e-mail laurie.smith@wchospital.ca to receive a welcome message and a link to the next meeting.

Annual Conference

META:PHI hosts an annual conference intended for service providers, policy makers, learners, people who use substances and their loved ones, and researchers interested in the addiction field.

Find recordings of past conference sessions and information on upcoming conferences on our website at <https://www.metaphi.ca/events/conferences/>.

META:PHI Listserv (Google Group)

The META:PHI listserv is an active online community of over 1,400 doctors, nurses, counsellors, pharmacists, administrators, researchers, and people with lived experience in Ontario and across Canada. It is a discussion forum for substance use–related questions, cases, articles, and policies. META:PHI's monthly newsletter is also disseminated through the listserv.

Posts regarding clinical questions, resources, events, research, policy, and other topics related to working with people who use substances are welcome. **META:PHI does not endorse any of the resources or opinions shared in this forum.**

To learn more about how to sign up, how the listserv is moderated, and the code of conduct, please visit <https://www.metaphi.ca/community/listserv/>.

RAAM Clinic Administrator Town Halls

Virtual town halls for RAAM clinic administrators (managers/directors/leads) are held quarterly in December, March, June, and September. These sessions review resources, processes, and expectations relevant to RAAM administrators. If you would like to verify whether you are on the invite list for these meetings, please contact laurie.smith@wchospital.ca.

Resource Library

META:PHI has created a library of over 100 original clinical tools and resources for health care providers, administrators, and clients in a variety of settings, including primary care, emergency departments, residential treatment programs, and RAAM clinics. [Clinical Best Practices in Addiction Medicine: A Guide for RAAM Clinicians](#) is a particularly popular resource for those working in the RAAM setting.

To search the resource library, please visit <https://www.metaphi.ca/resource-library/>.

Team Consultations

The META:PHI core team is pleased to be available to discuss the needs of your RAAM clinic and help troubleshoot any issues you may be having. Additionally, through META:PHI's extensive network, we can assist clinicians and administrators in connecting with mentors. Please reach out to kate.hardy@wchospital.ca.

Webinar Series and Dialogue Series

META:PHI hosts a virtual presentation on the second Wednesday of each month from 7:00 PM to 8:30 PM Eastern time. These sessions are intended for service providers, people who use substances, and anyone with an interest in substance use health. The dialogue series is a monthly online moderated discussion session open to all disciplines. All sessions are free.

To keep up to date on the presenter and topic schedule as well as to register for upcoming webinars and access archived presentations, visit <https://www.metaphi.ca/events/webinars/>.

EXTERNAL RESOURCES

Addiction Care Foundations

Alberta Health Services PACES Learning Pathway: This is a four-phase learning pathway that advances learners from a basic understanding to a mastery of the competencies required to assess, treat, and support recovery from addictions, mental health, or concurrent disorders.

BCCSU Addiction Care and Treatment Online Certificate: This is a free online certificate course targeted at health care professionals interested in learning more about providing care to patients with various substance use disorders, including alcohol, tobacco, stimulants, cannabis, and opioids.

CAMH Fundamentals of Addiction Toolkit: People struggling with substance use are often stigmatized, which makes them unlikely to volunteer information about their use to their care providers. Stigma can also make care providers reluctant to ask clients about substance use. This toolkit provides the fundamental knowledge and tools required to work with clients with any type of substance use problem.

Addiction Medicine Consults

E-consults provide clinicians with timely access to addiction medicine expertise through the OTN e-consult platform.

AUD Screening, Assessment, and Management

CAMH Alcohol Toolkit: This toolkit provides practical information on screening, assessing and managing patients who are trying to quit or reduce their drinking.

CAMH Introduction to CIWA-Ar: This e-learning is intended for emergency department, inpatient, and outpatient health care providers who want to learn about or receive refresher training in conducting the CIWA-Ar.

De-escalation Training

De-escalation Training: An online series provided by the Registered Practical Nurses Association, designed to provide learners with support in recognizing behaviours that can potentially escalate and ways to safely de-escalate a situation. These self-directed learning modules are available at no cost. Certificates of completion are available.

First Aid Training

[Canadian Red Cross first aid and CPR courses](#) develop vital life-saving knowledge and skills essential for a variety of workplace requirements. Courses are delivered throughout Canada.

Geriatric Addictions

Geriatric Addictions Rounds is an educational network dedicated to addressing substance use among older adults. Monthly presentations featuring a diverse array of speakers share insights on the latest research, guidelines, and best practices in the field. Sessions aim to enhance the knowledge and skills of professionals working with this population. If you'd like to receive information on upcoming presentations, e-mail Sarah Haasen at shaasen@cmhaww.ca.

Harm Reduction

[CATIE Harm Reduction Fundamentals Toolkit for Service Providers](#): This toolkit provides foundational information on harm reduction for service providers working with people who use drugs (including support workers, outreach workers, nurses and workers with lived and living experience).

[Ontario Harm Reduction Network Training](#): Find original harm reduction training developed with community partners and Drug Culture Consultants with lived and living expertise. Track your progress, get certificates to recognize your work, and participate in discussions.

[The Works \(City of Toronto\) Harm Reduction Basics](#): Harm reduction is an evidence-based, public health approach. It aims to reduce the negative health, social, and legal outcomes associated with substance use and substance use policy, for individuals and communities. The Works invites you to learn more about harm reduction by exploring these free resources and trainings.

HIV and Hepatitis C

[CATIE Open Courses on HIV and Hepatitis C](#): Frontline workers can register for any open course. Some courses are offered on a regional basis to allow for more in-depth discussions of the issues and context specific to participants. Courses include HIV Prevention; HIV and Hepatitis C Testing; HIV Treatment; and Hepatitis C Treatment.

Indigenous Substance Use

[First Nations Health Authority Indigenous Harm Reduction Toolkit](#): Indigenous harm reduction goes beyond keeping people safer while using substances. Indigenous harm reduction means undoing the harms of colonialism, which place Indigenous people (First Nations, Métis, and Inuit) at higher risk of harmful substance use.

[Thunderbird Partnership Foundation Substance Use Treatment and Land-Based Healing](#): A Task Group on Mental Wellness was assembled to provide insight and recommendations on how best to support and promote mental health and wellness during and after the COVID-19 pandemic with a focus on northern communities, recognizing that their realities are often different from those in the rest of Canada.

[San'yas Online Training](#): These learning activities have been designed to help participants strengthen their knowledge, awareness, and skills for working with and providing service to Indigenous people and communities; work more safely and effectively with Indigenous people; and begin considering their role in correcting, rebuilding, and transforming systems to uproot Indigenous-specific racism.

OUD Screening, Assessment, and Management

[Alberta Health Services Opioid Dependency Resources](#): A compilation of resources in various formats for health professionals providing support to individuals with OUD.

[CASWE Opioid Use and Opioid Use Disorder Project](#): The Opioid Use and Opioid Use Disorder (OUOUD) e-resource provides statistical, practical, multi-perspective, and holistic views of opioid use and opioid use disorder in Canada. The free resource has eight modules that cover 65 topics and was developed for students and faculty in social work, pharmacy, and registered nursing programs who wish to learn independently about this topic.

[MacHealth Opioids Clinical Primer](#): The six courses in this program are organized into two streams, Managing Opioid Use Disorder and Managing Chronic Pain. Each consists of three courses.

Staff Burnout

[Ontario Medical Association Burnout Task Force](#): The OMA Burnout Task Force has created individual supports for physicians like the burnout toolkit and burnout podcasts to help members identify, prevent, and manage burnout.

[Canadian Association of Critical Care Nurses Nursing Self-Care Resources](#): This compendium of resources specifically for nurses focuses on self-care, support, and resiliency.

Stigma

[CAPSA: Stigma Ends with Me](#): A transformative, evidenced-based, two-hour training program that uncovers biases and shifts perspectives towards people who use substances. Gain valuable insights into the negative effects of stigma and how this impacts everyone. Learn practical approaches to eliminate stigma in your professional and everyday life and explore the power of words by learning how to use person-first language.

Trauma-Informed Care

[AHS Trauma-Informed Care e-Learning Series](#): The Trauma Training Initiative is responsive to a broad range of professional development needs targeting foundational to advanced addiction and mental health competency development. It is relevant for health care providers who support people with any traumatic experience. This training initiative focuses on enhancing knowledge of trauma-informed care and developing trauma-focused skills for practice. It consists of two parts: The Trauma-Informed Care (TIC) e-Learning Series and the Trauma-Focused Skills (TF) Workshop Series.

CEWH Trauma-Informed Practice and the Opioid Crisis: A Discussion Guide for Health Care and Social

Service Providers: Research has shown that the vast majority of individuals who experience problems with opioid use and addiction have current or past experiences of trauma and violence. This guide is in four sections. Each section provides a brief overview of one of the four principles of trauma-informed practice and their relevance to opioid use and addiction. Many practice examples and skills for practice are included throughout the discussion guide, often highlighting sex and gender issues or questions.

EQUIP Health Care Trauma- and Violence-Informed Care Workshop: Team members from EQUIP Primary Care have delivered workshops for health and social service providers about trauma, violence, and how to integrate TVIC into practice. They have made one such workshop available by video, along with some downloadable workshop materials.

EQUIP Health Care Trauma- and Violence-Informed Care Foundations Curriculum: This e-learning provides practical guidance on how to provide care or services in a trauma- and violence-informed way. The curriculum has seven sections, with embedded videos, case-based activities, a downloadable Notebook for reflection and links to key take-aways, and interactive quizzes throughout. Completing all the sections and a brief assessment will provide a Certificate of Completion.

UB School of Social Work Trauma Informed Care Infographic: This is a quick-reference printout about trauma, its impacts, and how to incorporate the principles of trauma-informed care into your practice.

For more educational resources on serving equity-deserving groups, please see the appendix of the **RAAM Clinic Quality Targets**.