

CSAM 2011 NEWS



Canadian Society of Addiction Medicine
La Société Médicale Canadienne sur l'Addiction

Opening of CSAM 2011 – Nov 4/11

Dr. Dennis Wardman speaking on Health Promotion and Prevention, First Nations and Inuit Health



CSAM 2011 got off to an inspirational start with the first Plenary talk given by Dr. Dennis Wardman. A thorough explanation into the social determinants

of health was eloquently delivered to the audience. It was clear from his work that great strides have been made over the past few years but much work remains to be done. Still affected by the social and psychological fall out from the Residential School Systems, Dr. Wardman clearly explained how even today, children of those affected parents, continue to feel the impact. He went on to explain that this may be one of the many reason why educational achievements continue to fall below national standards among the aboriginal population. Funding for therapy from Health Canada is available to address the psychological trauma and he strongly encouraged those sitting in the audience to

enquire with their local provincial branches on just how to access this. Further into his talk, Dr. Wardman also discussed the rates of drug dependence in the aboriginal population and stressed the need to recognize the over-representation of drug addiction in this population and the need to focus on improving access to care. As his talk came to a close, we were all blessed by the encouraging and passionate words spoken by Larry Grant from the Muskequeam First Nation. It was obvious to all who attended that there is an urgent need to work together to find a common solution to what might otherwise be described as the most pressing threat to a proud aboriginal nation whose roots are deeply tied by thousands of years on the land we now call Canada.



Elder Larry Grant

**HIGHLIGHTS FOR
TODAY Nov 5/11**

Mutual Help Mtg

**Dover room
0700-0800**

**Breakfast
0739-0830
Plaza B/C**

Tell The Board

**Session
1700-1730
Georgia B**

**CSAM AGM
1730—1830
Georgia B**

**President's
Dinner
1900-2100**

Plaza ballroom

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History of Opioid Agonist Treatment in Canada



Dr. David Marsh delivered the second Plenary talk of the day and kept the packed audience riveted while he guided us through an historical journey detailing the beginnings of opiate agonist therapy in Canada. Often comparing models of care between British Columbia and Ontario, he presented evidence based research that lead to what we now see as improved access to care and enhanced retention. He presented evidence based research that lead to what we now see as improved access to care and enhanced retention. He comically inserted reasons why he made the move from Vancouver back to

Ontario, where he currently acts as the Assistant Dean, Community Engagement at the Northern Ontario School of Medicine. Dr. Marsh is a long supporter of CSAM's efforts and we are always thankful to have such an expert in our midst.

**CSAM 2011 news also on
webpages
www.csam.org**

Helping your patients Sleep

Dr. Daiter speaks on Cognitive Behavioural Therapy for Insomnia.

The afternoon sessions provided a variety of choices for all conference delegates. From talks exploring trauma and addiction, through to the effects on QTc interval as a result of methadone maintenance, everyone commented on the improved calibre of the sessions offered.

To this end, CSAM was very proud to have Dr. Richard Ries, a noted expert of psycho-pharmacology for insomnia present his views on how best to match the pharmacological aid the to the treatment setting. For example, he explained his preference for using amitriptyline for those in marijuana withdrawal to help mitigate against the anticholinergic deficit. The above talk was then married with a lecture given by Dr. Jeff Daiter that delineate the role of Cognitive Behavioural Therapy for



Insomnia. An full explanation on how to utilize both Stimulus Control Therapy (SCT) and Sleep Restriction Therapy (SRT) for those suffering from Insomnia was offered. This was placed in the context of looking into the causes for Insomnia and providing an understanding into the Dual Process Theory for normal sleep.

Above all, the session was well attended and many questions flowed from the audience as the period drew to a close. No doubt that the audience seemed impressed by all the afternoon sessions. This clearly set the stage for what is hoped to be an even more promising educational experience for Day 2 .