

Sudbury East
Community Drug Strategy



Sudbury East Community Drug Strategy

Community Snapshot



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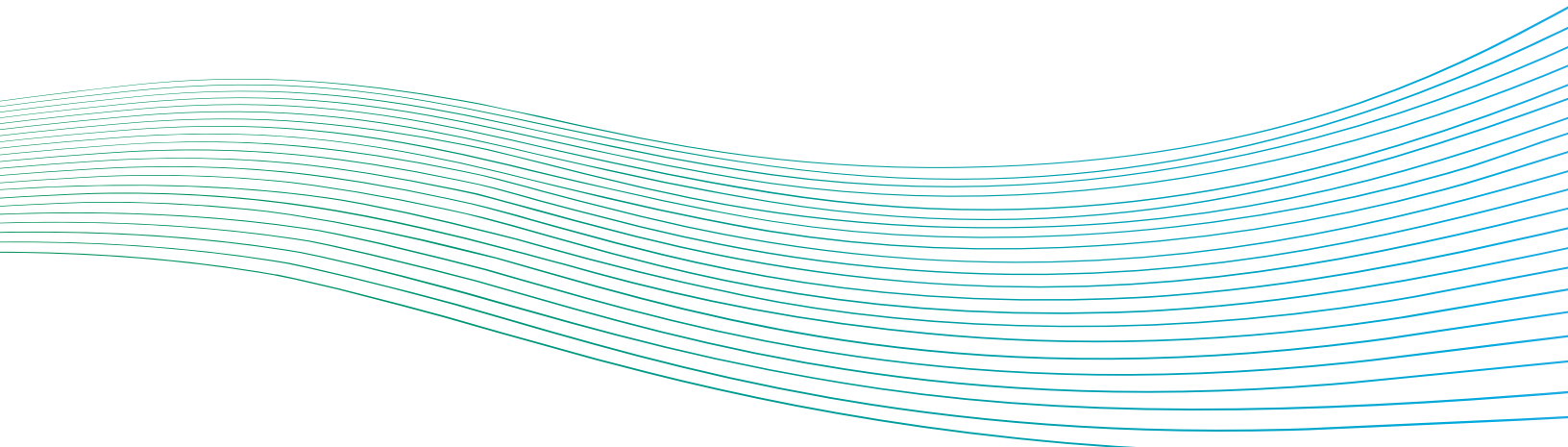
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Background

The Sudbury East Community Drug Strategy committee (SECDs) is a group of individuals and agencies working together to engage the communities of the Sudbury East area to work together to reduce the harms associated with drug and substance use and improve wellness for all. The Sudbury East area includes the municipalities of French River, Markstay-Warren, Killarney, St. Charles, and Dokis First Nation.

In 2015, the SECDs committee began its process to establish a more formalized drug strategy for the municipalities of Sudbury East. This was accomplished through community partner consultation (including the Sudbury East Municipal Association), presentations to all four municipal councils, and a number of meetings with community leaders and groups. Although members of the committee were meeting frequently, the first official meeting of the Sudbury East Community Drug Strategy committee was held December 13, 2017. The committee has since been actively working to support the needs of their community as it relates to substance use.

In 2019, the SECDs committee reached out to valuable leaders and members of the community to better understand their personal experiences with substance use. The results of the survey will enable the drug strategy to build on key priorities and create meaningful change in the community to better support those impacted by substance use as well as their family members and friends.

The survey was distributed electronically via Survey Monkey and paper copies were distributed through partner agencies, and through three large community events, to ensure those without Internet access were included.



Results

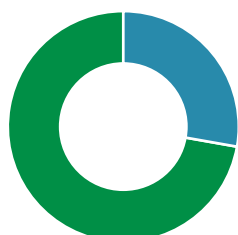
The survey was launched March 8, 2019 and closed on October 31, 2019. Additional paper copies were collected shortly after the electronic survey was closed. A total of 203 individuals completed the survey.

Table 1: Survey participants connection to Sudbury East

Do you live, work, visit or have loved ones in the communities of Sudbury East? The Sudbury East area includes the municipalities of French River, Markstay Warren, Killarney, St.- Charles, and Dokis First Nation.	Count	Percentage
I live in Sudbury East	156	76.8
I have friends or loved ones who live in Sudbury East	76	37.4
I work in Sudbury East	57	28.1
I visit / vacation in Sudbury East	34	16.7

Effects of substance use

When asked if drugs or alcohol had affected them or someone they knew, most respondents (72%) reported it had. Survey respondents further qualified how they or someone they knew were affected by drugs or alcohol. The data were thematically analyzed and are presented below.



72%

of respondents reported being personally affected by drugs and alcohol or knew someone affected.

Addiction

Alcohol

Alcohol addiction among family members, friends, colleagues, and community members was commonly reported. Many respondents reported alcoholism among family members and friends and fewer reported how the addiction had or has impacted them or other family members.

“My parents were heavy drinkers so my childhood was very much influenced by alcohol abuse...”

“Alcoholism in family – father, grandfather & father in law – all recovered.”

Substances (drugs)

Drug addiction among family members, friends, colleagues, and community members was also commonly reported. Many respondents reported family members and friends struggling with addiction to opioids or other substances. Survey respondents provided detailed accounts of how drug addiction had and has impacted their lives and the lives of community members.

“I have a close family member suffering of oxy and heroin addiction. I know too well the heartache it causes...”

“My family and a few friends have in the past or currently are addicted to drugs/alcohol. It has affected my relationship with them...”

Use of alcohol and other substances

Use of alcohol and other substances was also reported by some respondents. Most who responded reported addictions, yet there were still reports of use either personally, by family members, or friends. These respondents did not allude to problematic use.

Impacts of alcohol and other substance use

In addition to addiction, some of the respondents expanded on how substance use and addiction had or has impacted them or someone they knew. The impacts reported are included below:

Relationships

A few respondents reported the impacts and strain on relationships with their family members or friends.

Physical and mental health

A few respondents reported the physical and mental health impacts of addiction and substance use. Most of those reported experiencing death from suicide, overdose, and related health complications from substance use. These experiences can have a significant impact on family members, friends and the community.

Employment and financial impacts

A few respondents reported the impacts addiction or substance use has had financially, either through loss of employment or the financial strain of purchasing substances.



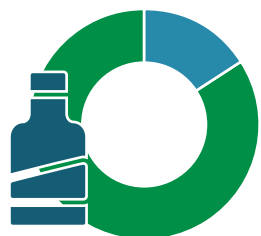
“Broken relationships, financial strain, mistrust.”



Availability of substances

When respondents were asked what substances they were aware were available in their communities, most reported alcohol (84%), and marijuana/weed (79%). Less than half of respondents reported awareness of other drugs. Please see the table below for a full breakdown of responses.

When asked what substances were available in their communities;



84%
responded alcohol



79%
responded marijuana/weed

Table 2: Drug availability awareness

What drugs do you know are available in Sudbury East?	Count	Percentage
Alcohol	169	83.3
Marijuana/weed	160	78.8
Cocaine/coke	93	45.8
Oxycodone/oxys	92	45.3
Percocet	85	41.9
Fentanyl	76	37.4
Crack Cocaine	60	29.6
Mushrooms	58	28.6
Tranquilizers (Ativan and Xanax)	58	28.6
Methamphetamine/speed	58	28.6
Ecstasy/MDMA	54	26.6
Hydromorphone	51	25.1
Heroin	50	24.6
Morphine	46	22.7
Acid	40	19.7
Inhalants	35	17.2
Carfentanil	30	14.8
Other (please specify)	7	3.4

Other drugs identified by respondents included the purple pill, purple H, shatter, purple heroin, and others reported all drugs were available.

Services and supports

Services and supports accessed

Survey respondents were then asked if they were aware of a service, person or support they or someone they knew had accessed to improve a situation involving alcohol or drugs. Only **34%** of respondents reported awareness of a support and/or service that helped them or someone they knew.

The following services and supports were reported:

- Local health professional/clinics
- Crisis
- Alcoholics Anonymous
- Rehabilitation centres (Guelph)
- Counselling
- Methadone clinics (Sudbury & Sturgeon Falls)
- Rapid Access Addiction Medicine
- St.-Charles counselling
- Univi Health Centre

Services and supports most needed

Survey respondents were also asked to provide what would be most needed in Sudbury East to help people who struggle with drugs or alcohol, and most respondents reported education for children and young people (**66%**), addiction treatment (**57%**), and support for families and children affected by someone else's drinking or drug use (**52%**). The table below includes the full list of services and supports and the identified need as reported by respondents.

When asked to provide what would be most needed in Sudbury East to help people who struggle with drugs or alcohol;



66%
responded
education for
children and
young people



57%
responded
addiction
treatment

Table 3: Services and supports identified as priorities

If you had to decide what is needed most in Sudbury East to help people that struggle with drugs or alcohol, what would it be?	Count	Percentage
Education for children and young people	135	66.5
Addiction treatment	116	57.1
Support for families and children that are affected by someone else's drinking or drug use	106	52.2
Education for adults and parents	102	50.2
Youth programs (e.g., after-school programs)	101	49.8
Personal counselling	98	48.3
Alcoholics Anonymous or Narcotics Anonymous	66	32.5
A safe place to go for people to escape chaos caused by alcohol or drugs	64	31.5
Education for service workers and health care workers	45	22.2
Education for older adults (seniors)	42	20.7
Group counselling	41	20.2
Community safety and enforcement	40	19.7
Harm reduction (e.g., Supervised Injection Sites, Needle Exchange Programs)	39	19.2
Overnight shelters for people who use alcohol or drugs	35	17.2
Education about and access to methadone and suboxone treatment	33	16.3
Services or supports that involve Indigenous culture	25	12.3
Other (please specify)	14	6.9

Age groups most in need of services and supports

Survey respondents were also asked to identify what age group(s) they thought needed the most support as it relates to drugs and alcohol. A majority of respondents reported community members aged 19 to 24 years were most in need of support as it relates to substance use.

Table 4: Age groups identified as priority

What age group(s) do you think need the most support for drugs and alcohol in Sudbury East?	Count	Percentage
19 to 24	146	71.9
25 to 44	131	64.5
12 to 18	127	62.6
45 to 64	75	36.9
65 and over	36	17.7
0 to 11	17	8.4

Other comments, suggestions, and feedback

Finally, respondents were provided an opportunity to share any additional comments related to substance use in Sudbury East, and most respondents provided solutions to the current problems and recommendations on how to address the substance use challenges in their community.

Solutions and recommendations

Education

Respondents reported the need for more education with youth in schools on the effects of drug use. They also reported education for adult role models, and education to prevent impaired driving.

"...I know how important for our young kids to know all they need about drugs."

"Education to prevent use and harm must evolve. Scare tactics are not enough. Individuals need knowledge and strategies to make safe on the spot decisions when with friends, online, at parties, when feeling stress and pain..."

Resources and supports

Respondents also reported the need for additional supports and resources in Sudbury East. They identified the need for treatment services and supports within their communities, after-hours support, counselling and family supports, housing supports, employment supports, transportation, more harm reduction services, and a more caring community. A few others reported the need to reduce harm reduction services, and reconsider safe injection sites, as they felt it encouraged substance use. Respondents also felt the community was missing services and supports, and reported that individuals are having to travel to Sudbury and other areas to receive the support and treatment they need.

"Due to our remote location treatment is almost impossible for people struggling with addiction to access."

"...need small basic need apartment and professional housing support... make them feel accepted and part of the community because they are often overwhelmed by their addictions."

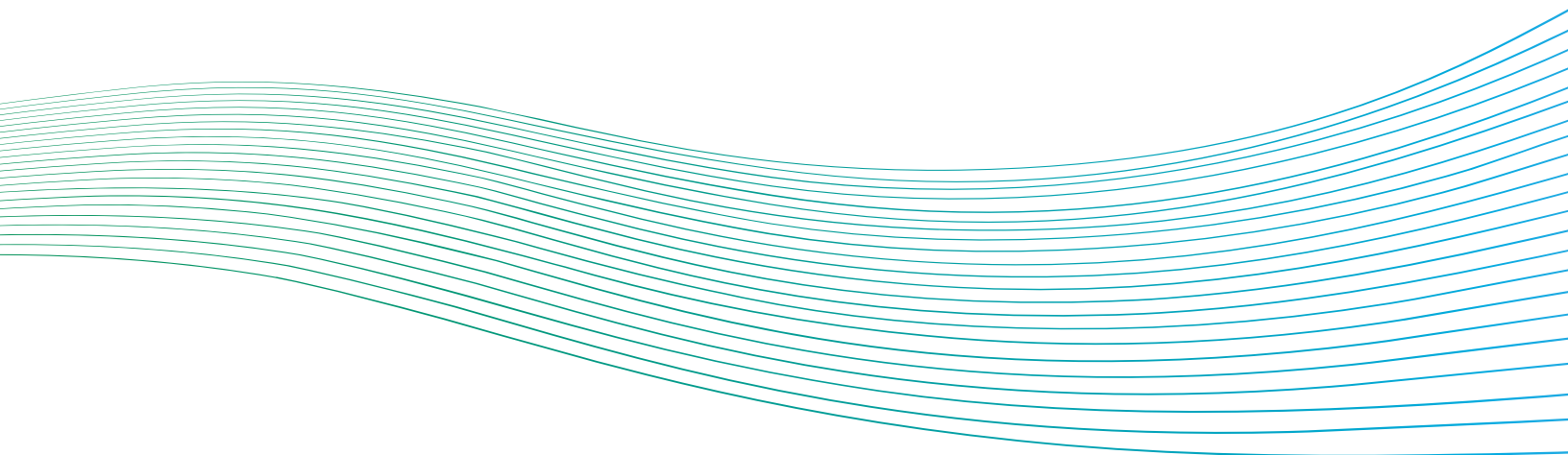
"... need professional help on site."

"People might be unaware of services offered in our community, we need to try and get the word out there."

Conclusion and next steps

The results of the survey provided a snapshot of the impact of substance use in Sudbury East communities. A total of 203 individuals responded to the survey and shared how substance use has affected them, their family member or friends. They elaborated on supports or services they were aware were being accessed to address substance use challenges and made recommendations on what more is needed and what populations are most in need.

The next steps will involve sharing the detailed results with the Sudbury East Community Drug Strategy committee, Sudbury East Municipal Association, Dokis First Nation, and the community. The results will help inform programming and policy intervention as it relates to substance use in Sudbury East.



Appendix A: Survey

Sudbury East
Community Drug Strategy



Online survey information and consent

The Sudbury East Community Drug Strategy Committee is a group of individuals and agencies working together to engage the communities of Sudbury East to work together in reducing the harms associated with drugs and substance use and improving wellness for all.

The **Sudbury East area** includes the municipalities of French River, Markstay-Warren, Killarney, St.-Charles and Dokis First Nation.

Our plan will focus on increasing awareness, providing education, reducing emergency and hospital visits related to substances, and improving addiction services and supports.

Our mission is to use evidence-informed decision making to prevent and reduce substance misuse through the development and enhancement of policies, programs, and services within the Sudbury East area.

We are asking you to participate in a survey to help guide our work. The survey is seven questions, and should take less than 15 minutes to complete.

The answers that you provide in the survey are completely anonymous. You will not be asked to provide any identifying information, like your name or address. Your participation is voluntary, you may skip questions, or choose to stop the survey at any time. Please only respond to this survey once. We will report on themes that emerge from community responses and may use non-identifiable quotes to highlight key themes.

No risks are expected from your participation in this survey. However, if answering questions about drugs and alcohol causes you distress, you may reach out to the Crisis Line toll free at 1.877.841.1101 (24 hour hot line 365 days/year) or First Nations and Inuit Hope for Wellness Help Line toll free at 1.855.242.3310 (24 hour hot line 365 days/year). For additional resources, please consult the PDF resource page provided at the end of this survey.

The survey has been prepared by the Sudbury East Community Drug Strategy Committee, and the responses will be handled by a researcher at Public Health Sudbury & Districts. Your participation, or decision not to participate, is anonymous and voluntary and will no impact any services that you may receive from Public Health Sudbury & Districts or other Sudbury East Community Drug Strategy Committee member agencies.

If you would like more information about the project, or would like a copy of the results of the survey, you can contact:

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Appendix B:

Community Resources

Sudbury East
Community Drug Strategy



Community Resources

Crisis Line

Toll free: 1.877.841.1101 (24-hour hot line: 365 days/year)

First Nations and Inuit Hope for Wellness Help Line

Toll free: 1.855.242.3310 (24-hour hot line: 365 days/year)

Canadian Mental Health Association – Find Help Page

<https://sm.cmha.ca/mental-health/find-help/>

Regional Warm Line

1.866.856.9276 (WARM), from 6 pm to 12 am, 7 nights per week

Drug & Alcohol Helpline

1.866.531.2600 (24/7 ConnexOntario Health Services Information)

Mental Health Helpline

1.866.531.2600 (24/7 ConnexOntario Health Services Information)

Kids Help Phone

1.800.668.6868 (24/7 service for ages 20 and under)

Community Drug Strategy for the City of Greater Sudbury

<https://www.phsd.ca/health-topics-programs/alcohol-drugs/community-drugstrategy>

Ontario 211 (*Links you to resources in your community*)

<https://211ontario.ca/>

ONTX Ontario Online and Text Crisis Services

<http://dcontario.org/ontx.html> or text 741741

Public Health Sudbury & Districts

1.866.522.9200

Public Health Sudbury & Districts Cannabis Information Line

1.866.522.9200 ext. 235

Telehealth Ontario

1.866.797.0000

You can contact your primary care provider or social worker.