

## **PROGRAM – Opioid Harm Reduction: From Stigma to Respect**

**11:30 - 12:15** LUNCH / PHOTOGRAPHY EXHIBITION

**12:15 – 12:30** INTRODUCTIONS/WELCOME  
**Dr. Glynn Jones, MBChB, FCFP**

**12:30 – 13:30** ***A REVIEW OF THE OPIOID CRISIS: HOW DID WE GET HERE & WHERE ARE WE GOING.***  
(Q&A: 13:20-13:30)

**Dr. Robert L. Tanguay, M.D., BSc, FRCPC, CISAM, CCSAM**

- Provincial Medical Advisor, Opioid Dependency Training (Alberta Health Services)
- President-Elect, Pain Society of Alberta

*Objectives: After the completion of this program, participants will be able to:*

1. Understand the history behind the use of opioids in chronic non-cancer pain.
2. Understand the current evidence for the use of opioids in chronic non-cancer pain.
3. Make the diagnosis of opioid use disorder.

**13:30 – 14:30** ***THE OVERDOSE EMERGENCY AND OPIOID HARM REDUCTION - WHAT IS IT AND WHY DO WE NEED IT?***  
(Q&A: 14:20-14:30)

**Lesley Coates, MA, BSW, Regional Harm Reduction Coordinator and Andrew Kerr, CD, MSW, RSW, Team Leader for Supervised Consumption Services, Opioid Agonist Treatments and Injectable OAT.**

*Objectives: After the completion of this program, participants will be able to:*

1. Understand the incidence and distribution of unintentional illicit drug overdoses in the Central Okanagan.
2. Articulate how harm reduction principles and practices play an important role in preventing overdose deaths.
3. Identify services available in the Interior Health region to prevent unintentional illicit drug overdoses.
4. Improve patient outcomes by reducing barriers to accessing health care for people at risk of overdose.

**14:30 – 15:00 NUTRITION BREAK / PHOTOGRAPHY EXHIBITION**

**15:00 – 15:40** ***OPIOID HARM REDUCTION: IN THE OFFICE AND IN THE HOSPITAL***  
(Q&A: 15:30-15:40)

**Dr. Leslie Lappalainen, M.D., CCFP, Dip. ABAM**

- Medical Lead for Addiction Medicine, Mental Health and Substance Use (MHSU) – Interior Health Authority

*Objectives: After the completion of this program, participants will be able to:*

1. Understand the mechanism of the action of Suboxone.
2. Understand how to initiate patients on Suboxone and provide ongoing care.
3. Understand harm reduction strategies around opioid prescribing in the office and hospital.

**15:40 – 16:20** ***HARM REDUCTION IN OPIOID USE DISORDER: THE LOCAL EMERGENCY DEPT. EXPERIENCE***  
(Q&A: 16:10-16:20)

**Dr. D. Joshua Williams, FRCPC, M.D., BSc**

- Clinical Assistant Professor, Dept. of Emergency Medicine, UBC
- Staff Physician, Dept. of Emergency Medicine, KGH, Kelowna

*Objectives: After the completion of this program, participants will be able to:*

1. Understand the local scope of the Opioid Use Disorder ‘Epidemic’.
2. Understand the impact of the Opioid Use Disorder at the Emergency Department level.
3. Understand the local Emergency Department Opioid Use Disorder harm-reduction efforts and their impact.
4. Describe the process of integrating Opioid Agonist Therapy into Emergency Department Care.

**16:20 – 16:30** ***MOMSSTOPTHEHARM – A PERSONAL STORY***  
**Ms. Helen Jennens shares her personal story.**

**16:30 – 17:20** ***KINDNESS AND RESILIENCE 101: HOW TO AVOID OR RECOVER FROM BURNOUT, MENTAL ILLNESS AND ADDICTIONS – A PERSONAL JOURNEY***  
(Q&A: 17:10-17:20)

**Dr. Kenneth R. Kunz, M.D., Ph.D.**

- Interprofessional Mental Health and Addictions Consultant, Speaker, Teacher
- Independent Medical Oncology Researcher, Lecturer, Consultant

*Objectives: After the completion of this program, participants will be able to:*

1. Understand what makes us human and recognize that there are neural circuits for kindness and resilience and review the neurobiology of how we are wired to connect, survive and help each other thrive.
2. Compare ‘the harmony of connection’ to the ‘violence of uncertainty’.
3. Consider the neurobiological laundry list of a physician living in today’s world, and how the way we attach to others determines if we get sick or stay well.
4. Review eight simple and practical steps to keep our minds, bodies and relationships both integrated and healthy.

**17:20 – 17:30** Q&A / CLOSING REMARKS / EVALUATIONS