

Annual Report

2022-2023

Bringing Expertise to Needed Systems Change

Impacting health outcomes related to substance use through evidence, compassion and integrity.

CAPSA actively collaborates with organizations, communities, and systems, resulting in substantial improvements in people's health concerning substance use. CAPSA's team of educators, researchers, and policy experts, informed by their professional expertise and lived experience, are dedicated to eliminating systemic stigma. By delivering evidence-based solutions, CAPSA works to ensure equitable access to knowledge and services for all individuals. This unique approach removes systemic barriers for people and brings positive change to organizations and systems to become inclusive, effective, and compassionate while improving Substance Use Health.



Messages from CAPSA's CEO and Board Chair

To our allies and peers:

On behalf of CAPSA, I am delighted to present the Annual Report for fiscal 2022/23. I am proud to share the remarkable impact that the team at CAPSA has achieved together. We remain steadfast in our commitment to impact people's health outcomes, related to substance use, through evidence, compassion and integrity.

This past year, we expanded our reach and influence in the sector. We have travelled from coast to coast to deliver our training and education to end stigma and transform the landscape into one that focusses on the health outcomes of people who use/d substances. The promotion of CAPSA's Substance Use Health principle has resulted in its uptake at the national, provincial and community levels. Our skillful, dedicated and passionate team continue to drive positive systems change wherever we are engaged.

None of this would be possible without the continued funding from Health Canada's Substance Use and Addiction Program (SUAP), the engagement of our many stakeholders and the support of our communities. We are excited about the future and look forward to engaging with many of you in the years to come.

With thanks,
Anthony Esposti
CEO, CAPSA



Chères amis:

As Chair of the Board of Directors, for the past three years I have had the privilege of working alongside a talented team of dedicated volunteer board members to support and expand CAPSA's impact on the health of people who use/d substances.



This past year, the board offered meaningful strategic direction to the leadership team, exemplified governance best practice, supported the advancement of policies and practices of equity, diversity, and inclusion (EDI) at the board and organizational level, led the process to fill vacancies on the board, and – not least – nudged along CAPSA's strategic priorities. I would be remiss were I not to acknowledge Gord Garner's impatient dedication to CAPSA's decade of growth, and to Anthony Esposti for his many years of insightful leadership, first as board chair and now CEO.

CAPSA's sterling reputation to bring innovative, evidence-based, collaborative solutions to systems change has wide-reaching regard among our many stakeholders. The work of the CAPSA team, in both Canada and internationally, delivering needed education on stigma and its impacts on the health of people who use/d substances is transformative and impactful.

On behalf of the Board, I wish to express gratitude to the entire CAPSA team, as well as the support of our many sector partners. I am steadfast in my belief that our work together will accelerate and strengthen the well-being of Canadians.

Sincerely,
Patrick Dion
Chair

Stigma Reduction Through Community Engagement and Education

In March 2023, CAPSA completed its first project funded by Health Canada: “Stigma Reduction Through Community Engagement and Education.” Over the five-year span of this project CAPSA significantly increased its reach and influence beyond local and regional partners to include national and international partners.

CAPSA significantly surpassed targets, creating a strong national presence as experts and educators. The success of this project led to expanded work resulting in system-level impact, to improve health outcomes, through our extended second SUAP funded project.

Impact At A Glance



Making A Difference in Health Outcomes Through Research



CAPSA produced two major research reports this year. The first was a national study co-led with the CCSA. 4023 people from across Canada responded to a survey administered by Leger: "Knowledge about Substance Use Health and Associated Services in Canada." The survey is a first step in quantifying the knowledge and service gap across the spectrum of substance use, including non-use. Where does the general population get their information related to substance use and their health? Who do they talk to if they have questions or need help? And are they being offered knowledge products and services to support their needs, regardless of how much or what type of substance they use or don't use? The results will be presented at the Issues of Substance Conference 2023.

CAPSA was contracted by the CCSA and MHCC to lead a study on integrated services from the perspective the people who use them: "Experience and Expertise of People with Lived and Living Experience on the Integration of Mental Health and Substance Use Health Services in Canada." CAPSA led focus groups and interviews with 102 PWLLE across Canada. The study explores (1) how people with lived and living experience (PWLLE) define service integration, (2) what gaps and demands exist in Mental Health and/or Substance Use Health services, (3) why participants do or do not support further service integration, (4) which systemic bottlenecks prevent meaningful integration, and (5) what characteristics participants considered important for effective service delivery. The study will be published in July 2023.

Mental Health & Substance Use Health Standardization Collaborative

Since March 2022, the Government of Canada has been working with the Standards Council of Canada (SCC) and partners across the country to develop national standards for Mental Health and Substance Use Health services. CAPSA has been active in these discussions, taking part in the oversight committee, and sub-committees on primary care and complex needs. Previously, the name of the collaborative was Mental Health and Substance Use Standardization. The national standards has now adopted CAPSA's Substance Use Health terminology beginning with their title, throughout its documentation and its request for proposals.



CAPSA's Growing International Influence

At this year's annual United Nations Commission on Narcotic Drugs (CND) held from March 13th to 17th, CAPSA's work continued to be seen as valuable to many civil society organizations and countries, solidifying its reputation as an important contributor to addressing stigma in drug policy issues. The CND, held in person in Vienna, was attended by CAPSA's CEO, Anthony Esposti and Vice President Strategic Partnerships, Gord Garner. Systems Stigma Navigator, Randy Harwood, was selected as the liaison between civil society organizations and Health Canada and played an integral role in the Commission.

Anthony Esposti and Gord Garner's participation in four side event panels ensured the successful advancement of CAPSA's key messages regarding stigma reduction and Substance Use Health, by engaging with both government and non-government stakeholders.

*Anthony Esposti seated with (L-R):
Elena Hedoux (Pompidou Group),
Jennifer Saxe (Health Canada),
and the Honourable Seth Kwame
Acheampong (MP for Ghana).*



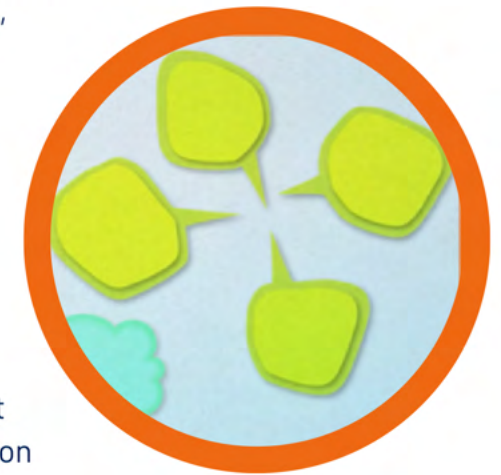
CAPSA's Principle of Substance Use Health

The principle of Substance Use Health is an innovation created and developed by CAPSA. Its principle brings a health centred lens to issues around the health of the 78% of people who use substances and is a tool to help break the stigma around substance use. Many organizations, including the Standards Council of Canada, The Canadian Centre on Substance Use and Addiction, The Mental Health Commission of Canada, Canadian Psychological Association, Health Canada's Expert Drug Task Force, Ottawa Public Health, KFL&A Public Health, EQUIP Pathways to Care, Access Mental Health & Addictions, the Canadian Public Health Association, various Ontario Health Teams, and Carleton University, have adopted Substance Use Health.

Recently, Senator Mary Coyle rose in the Canadian Senate supporting a bill related to a health-based approach to substance use policy, including the language of Substance Use Health. Through our pre-surveys provided during our trainings of health organizations, 53% of respondents indicated that they had already heard of Substance Use Health, a further indication of its successful adoption.

Substance Use Health is used by organizations in federal policy recommendations, providing services to people who use/d substances and in their public facing communications. Many organizations have changed department names to reflect this new language in a response to the need to widen the doorway for people seeking information and care.

CAPSA, in collaboration with CCSA and Leger, conducted a national Substance Use Health survey of more than 4,000 people living in Canada. The results of the survey were compelling, highlighting the need for a health-centred approach to substance use, as well as the persistence of false beliefs and stigma surrounding substance use.



Addressing Stigma Through Education



Why do we educate? Becoming educators has addressed the stigma of being seen merely as sources for our stories and personal experiences, rather than holders of important knowledge. CAPSA's subject matter expertise and position as a national leader in addressing stigma has enabled us to educate people to understand the harmful effects of stigma and how to address it in their organization, with the goal to improve the health outcomes of people who use/d substances.

This past year, CAPSA provided 38 education sessions to more than 1,600 participants.

The immediate outcomes of these sessions were significant. By connecting with these organizations, we were able to help their staff identify the barriers individuals face, the

disproportionate impacts of intersectional stigma and enhance access to quality care by reducing stigma, leading to improved health outcomes for those who use substances. We conducted pre- and post-training surveys and results showed that 98% of participants increased their awareness, knowledge, and skills related to stigma reduction and language use and 94% felt confident in the application of the principle of Substance Use Health in their practice.

Health System Change and Impact

With generous funding from Ontario Health East, in partnership with Ottawa Salus, CAPSA's Systems Stigma Navigation team delivered 18 trainings to health service providers in Ottawa and the surrounding areas. This training led to new or deeper partnerships with key organizations and Ontario Health Teams, specifically with regards to CAPSA's support and training on co-leadership and co-design with people with lived and living experience. Connecting with these organizations offered valuable expertise to address stigma within their practices and enhance access to quality care.

All People, All Pathways™ (APAP™) PEER SUPPORT

A SAFE SPACE TO EXPLORE YOUR RELATIONSHIP WITH SUBSTANCE USE AND FIND YOUR PATH TO WELLNESS.

Scan the QR Code Below to Access All People, All Pathways™ Meetings

DAY	TIME	LANGUAGE	WELLNESSTOGETHER.CA
MONDAY	1:00 PM - 2:00 PM	English	All People, All Pathways™
TUESDAY	1:00 PM - 2:00 PM	English	All People, All Pathways™
	7:30 PM - 8:30 PM	French	All People, All Pathways™
WEDNESDAY	1:00 PM - 2:00 PM	English	All People, All Pathways™
	7:30 PM - 8:30 PM	English	APAP™ - Breaking Free Wellness
THURSDAY	10:00 AM - 11:00 AM	French	All People, All Pathways™
	6:30 PM - 7:30 PM	English	APAP™ - Breaking Free Wellness
SUNDAY	7:30 PM - 8:30 PM	English	All People, All Pathways™

Community APAP™ Meeting Information	
MONDAYS 7:00 PM - 8:30 PM (EST) Meeting ID: 839 4403 4730 Password: 343386	WEDNESDAYS 7:00 PM - 8:30 PM (EST) Meeting ID: 907 6434 5274 Password: 846009



Public Health Nurse Caroline Bala (middle) will work alongside the CAPSA team over the next year to dismantle stigma and help us all understand that our Substance Use Health is just as important as our Physical and Mental Health.

Community Collaboration: Ottawa Public Health & CAPSA

In November 2022 Caroline Bala, Ottawa Public Health Nurse, joined CAPSA and the Systems Stigma Navigation Team for a year long secondment. The goal of this first of its kind co-location initiative between CAPSA and Ottawa Public Health is to address the number one barrier people who use substances face in accessing care: stigma. This co-location initiative is the result of many years of partnership between Ottawa Public Health and CAPSA, and OPH's deep commitment to ensuring initiatives are co-designed with people with lived/living experience of substance use. This collaboration has contributed to deeper understanding of Substance Use Health and stigma and has led to the development of several meaningful knowledge products. CAPSA would like to acknowledge the incredible commitment and leadership demonstrated by OPH through this unique initiative along with the valued work and contribution of OPH Nurse Caroline Bala!



WOW Festival 2022

The first ever Working on Wellness (WOW) Festival was held this past September at Ottawa City Hall. The purpose of WOW is to celebrate all people on all pathways to wellness. Organizations from across the health system come together for a day where there are no sectors and silos, and symbolically, “every door to wellness is the right one.”

105 community partners, and more than 1500 people attended WOW 2022. Mayor Jim Watson provided the first annual proclamation on Working on Wellness Day and national and regional leaders in Mental Health, Physical Health and Substance Use Health provided key note messages in support of a system that integrates Substance Use Health, Physical and Mental Health pathways towards wellness.

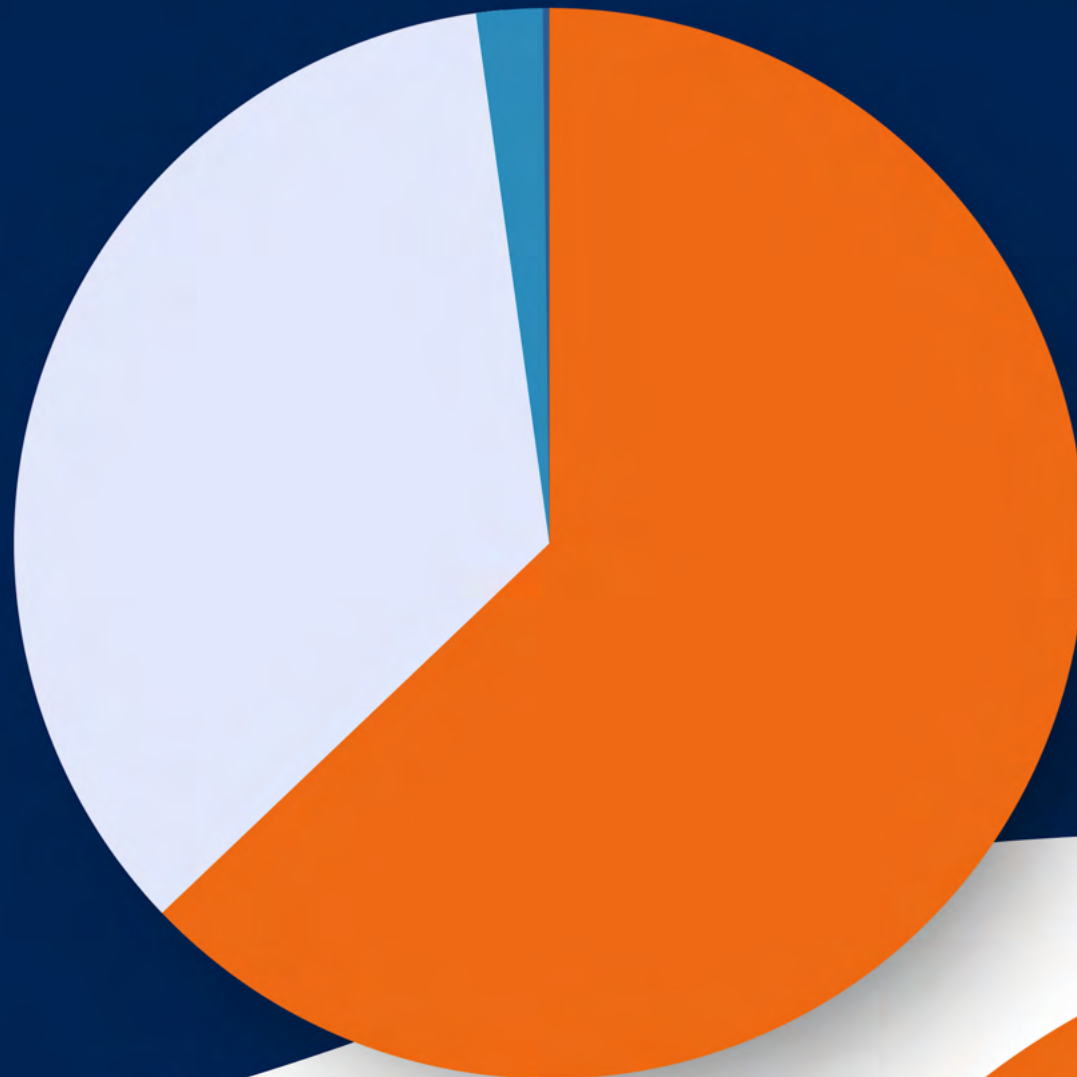
This year, CAPSA honoured an exceptional ally and community partner! Dr. Kim Corace, VP of Innovations and Transformation at the Royal Ottawa, was awarded “Ally of the Year” for her dedication and perseverance to system change.



Allyship award presented to Dr. Kim Corace, VP Innovation and Transformation at the Royal, 2022.

Financial Highlights

Summarized Statement of Activities – Fiscal Year April 2022 - March 2023



REVENUE

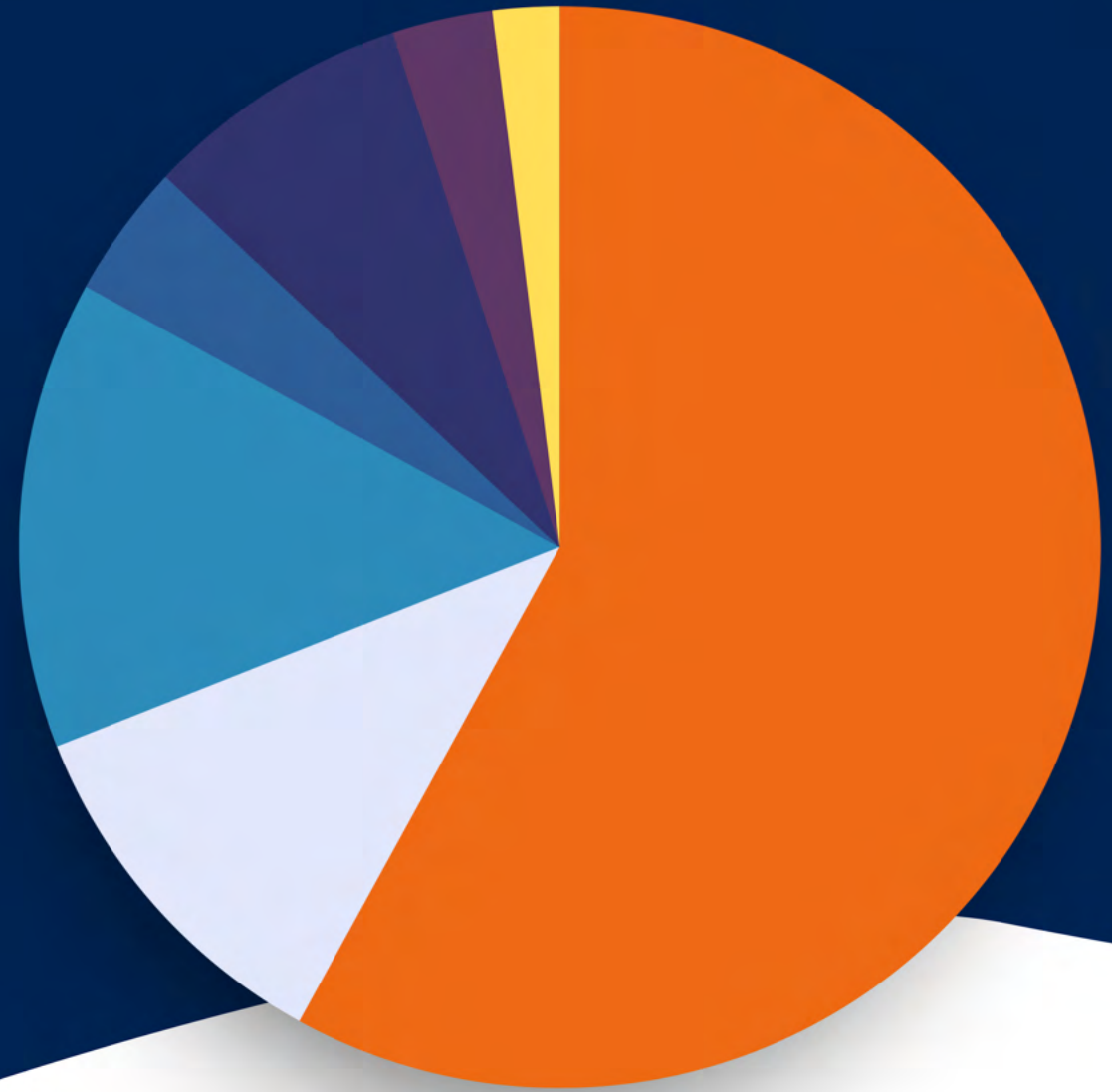
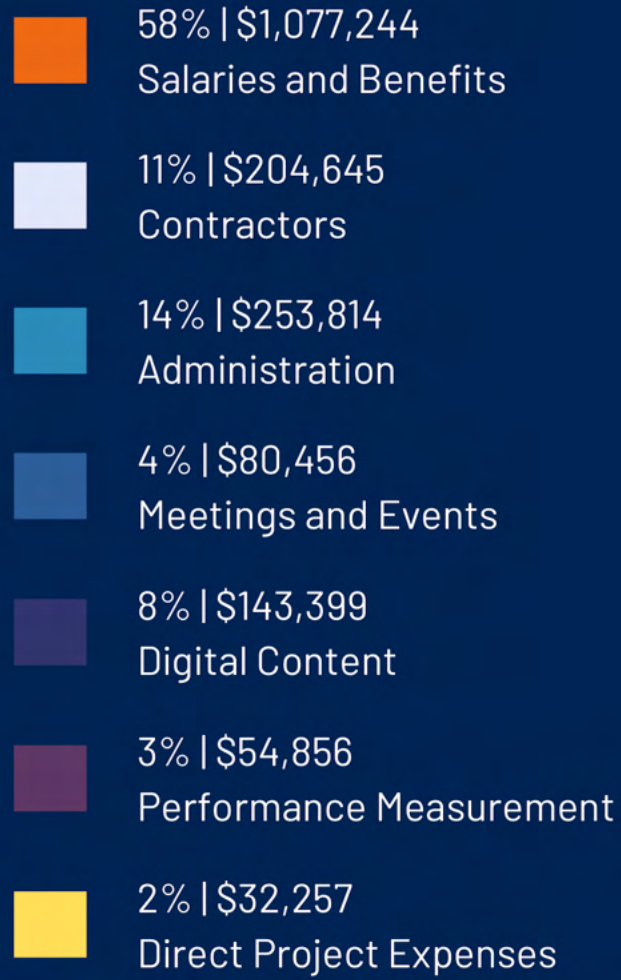
\$2,095,859

- 63% | \$1,318,583
Government
- 35% | \$735,133
Consulting Services
- 2% | \$37,871
Donations & Sponsorship
- 0.2% | \$4,272
Other

Net Revenue: \$249,188

EXPENDITURES

\$1,846,671



CAPSA

Bringing Expertise to Needed Systems Change

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