



PROJETS
AUTOCHTONES
DU QUÉBEC

An Integrated Care
Model Across A
Community-Based
Managed Alcohol
Program And
Hospital-Based
Addiction Services

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Outline

Projets Autochtones du Québec

Needs of the community

Managed Alcohol Programme

Preliminary Results

Conclusion

The background features a vibrant red color with various abstract geometric shapes, including lines, dots, and a large feather-like form on the right side. The text is presented on a white, torn-edge paper-like rectangle.

PAQ

PAQ is an **Indigenous organization** that accompanies First Nations, Inuit and Métis peoples facing housing insecurity in Tio'tià: ke / Montréal. Using a **culturally adapted** approach based on **empowerment** and **harm reduction**, we offer shelter, housing options and services that **promote well-being and healing, and strengthen community**. We work in partnership to advocate for the health and housing rights of urban Indigenous Peoples.

The needs

In the urban Indigenous community, a growing number of people are particularly vulnerable to street life danger because of their :

- Age
- Deterioration or multiplication of physical and/or mental health issues
- Substance use



'I can't keep up.'

- Excluded from Private housing because of their care needs
- Excluded from care facilities due to alcohol dependency
- Lack of ability to address dependency at the moment



Les Murs qui Nous Habitent: Simeonie's story



Partnering

- Importance of close collaboration with medical services.
- Centre Hospitalier de l'Université de Montréal (CHUM) Addiction Medical Services



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Managed Alcohol Programme (MAP)

This program provides:

- Supportive housing
- Individualized support from team of intervention workers, caseworker and other specialized services
- Community activities and animation (culture, community, purpose)
- Alcohol service of medically prescribed dosage of alcohol at specific times during the day.



Access to healthcare difficult

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graph LR; A[Discrimination  
Racism] --> B[Mistrust  
Misunderstanding of health  
care system]; B --> C[Missed appointments  
Leaving AMA  
++ ER visits];
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Discrimination
Racism

Mistrust
Misunderstanding of health
care system

Missed appointments
Leaving AMA
++ ER visits

MAP's Medical Services

- Medical support provided by the CHUM's Addiction Medicine Service
 - Weekly visits by physician and nurse
 - Assessment of AORs
 - Intoxication/withdrawal
 - Medical follow-ups for chronic illnesses
 - On-call services in case of emergencies
 - Facilitation of follow-ups with specialists
 - Liaison with pharmacies
 - Patient navigation offered by PAQ for appointments



Research Team

- Stéphanie Marsan, Principal Investigator (CRCHUM)
- Jorge Flores-Aranda (UQAM)
- Natalia Incio-Serra (UQAM)
- Alice Lam (CRCHUM)
- Manuela Mbacfou Temgoua (CRCHUM)
- Rossio Motta-Ochoa (UdeM)
- Annie Talbot (CRCHUM)



Research Component

- Evaluation Period
December 2020 -2021
 - Qualitative:
 - Satisfaction questionnaire
 - Semi-directed interviews
 - Quantitative:
 - Retrospective chart review

Personal Plan			AMOUNT OF ALCOHOL OFFERED & CONSUMED				
Time	% Alcohol	Quantity	Quantity Oz	% Alcohol	Legend	Intox Ass (ABCD)	Com
Wake up	6%	12 oz			DoR		
6:30	6%	12 oz			DoR		
9:30	6%	12 oz			DoR		
10:30	6%	12 oz			DoR		
11:30	6%	12 oz					
12:30	6%	12 oz					
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20:30	6%	12oz					
21:30	6%	12 oz					
22:30	6%	12oz					
23:30	6%	12 oz					
	6%	12					
	6%	12					

Preliminary Results

Satisfaction Questionnaire

- Stabilization on patterns of use
 - Cessation of non-beverage alcohol use
 - Reduction of alcohol use
 - Reduction or cessation of other substance use
- Marked effect on health status
 - ++trust of medical personnel (accessibility, respect, communication)
 - Improved adherence to medication, sleep, personal hygiene, general health condition
- Improved relationships among residents and staff
- Increased feelings of safety within program
- Reconnection with participants' cultures, values and beliefs



Semi-structured Interviews

David: I was in the hospital first. That's where I met the doctor. [...] That opened the door to this. I didn't even know it [the MAP program] existed. [...] And then, I talked to friends, and they said, "Oh, it might help." I said, "Okay". So, the only thing, again, is I was preoccupied. I was dying, so I need a place to die.

Interviewer: [But at the MAP] you have received medical treatment?

David: Here, yeah. Dr. Morgan.

Interviewer: What do you think about the medical treatment you have received?

David: She's a warrior!

Interviewer: She's a warrior.

David: 100 %. Yeah. It's wonderful. I'm alive. It's f*cking amazing. I'm not supposed to be alive. I was supposed to be dying over there. She treated my hep C and it worked! I was in such a bad shape. My friend said to me, when he saw me "You're not gonna live two weeks." And I am still alive!

(Excerpt from semi-structured interview with David, resident of the MAP house)

Semi-structured Interviews

Interviewer: [...] How is your health since you moved here [to the MAP house]’?

Leo: On and off.

Interviewer: On and off. I remember you came here after having an accident, and you were injured.

Leo: I couldn’t walk.

[...]

Interviewer: So, did the doctor here, at the MAP, help you with your health? Dr. Morgan.

Leo: When is she coming?

Interviewer: She’s coming on Wednesday. Next Wednesday. Did she take care of you?

Leo: She did. The nurse too. They took care of my foot.

Interviewer: They treated your foot.

Leo: It was long, painful. [But] now I can walk again.

(Excerpt from semi-structured interview with Leo, resident of the MAP house)

Preliminary Results

Retrospective Chart Review

- 46% Inuit, 54% First Nations (n=13)
- Most have chronic illnesses (COPD, Blood-borne infections, liver cirrhosis, cardiomyopathy)
- 76% have mental health illness
- Reduced alcohol use
- Marked decrease in ER visits
- Reduced number of discharges AMA
- Increased adherence to outpatient appointments

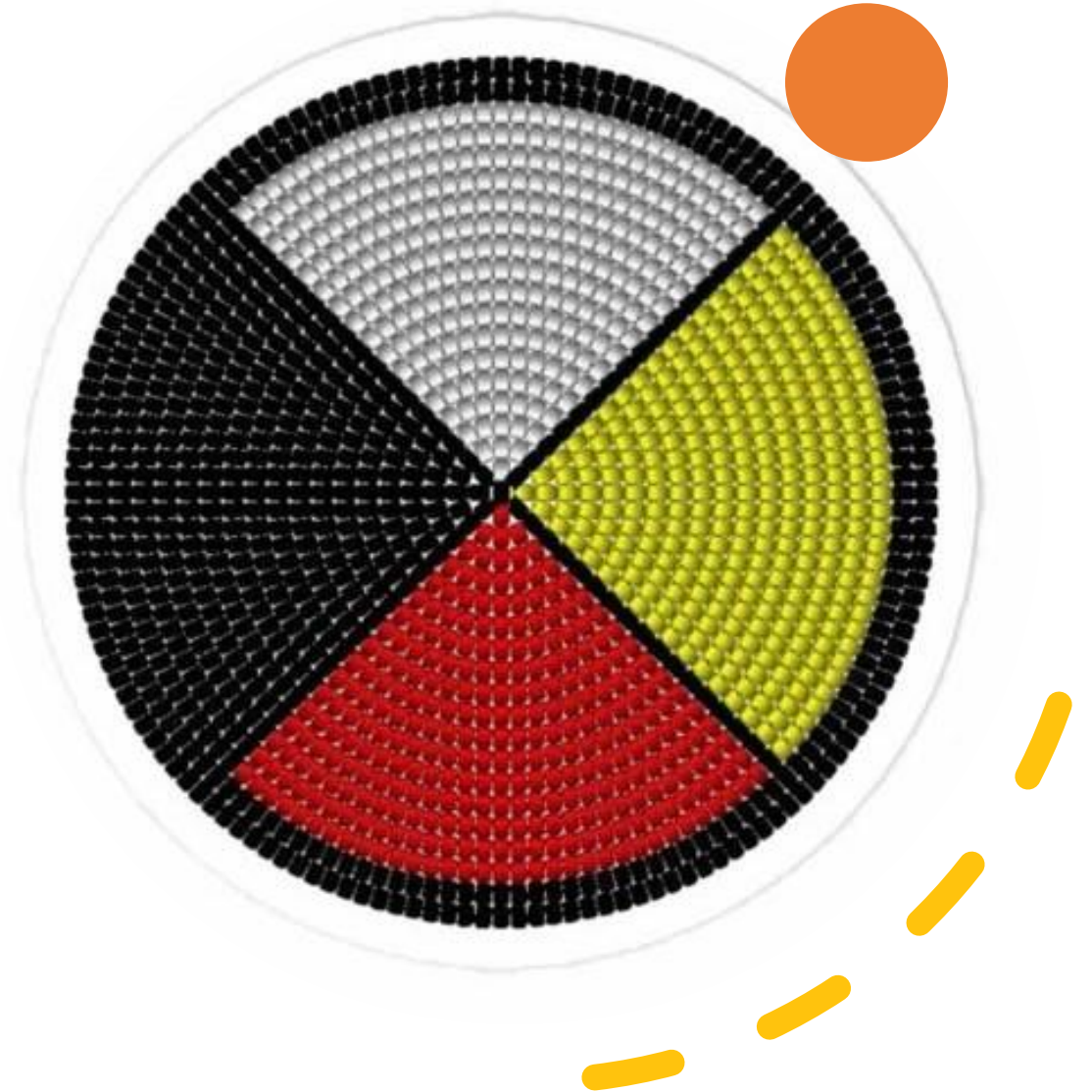




A success story

Next steps

- PAQ – CHUM Partnership Pilot Projects
 - Holistic and culturally safe health care to Indigenous communities experiencing homelessness in Montreal
 - Wellness beds at PAQ
 - to facilitate medical follow-up and support



Acknowledgements



Services aux
Autochtones Canada

Indigenous Services
Canada



ICRAS - CRISM | QUÉBEC

Initiative Canadienne de
Recherche en Abus de Substance

Canadian Research Initiative
in Substance Misuse



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CHUM



UQÀM

Université 
de Montréal

And all contributors and collaborators...