

YSUP

YOUTH SUBSTANCE USE PROGRAM PROVIDES
DIGNITY TO YOUNG PEOPLE WHO USE SUBSTANCES

Gain Understanding Of...

- How funding was obtained
- How the program functions
- How dignity is increased for those using substances

What is YSUP?

- YSUP = Youth Substance Use Program
- Unique in-shelter intoxication/withdrawal management program
- Two agency partnership



Notre Dame House Shelter



Withdrawal Management Services

Notre Dame House



The only Youth Shelter in Hamilton, we provide Emergency Shelter and Outreach Services for youth age 16-21 years old.

- 21 dorm beds and 5 YSUP beds
- Approx. 80% increase in the number of overnight stays from 2021 to 2022

2021: 2734

2022: 4327

2023 Projections: 5500 +/-

How it Started

- “Addressing Needs for Street Involved and Homeless Youth in Hamilton” (Social Planning & Research Council, Hamilton, 2005)
- History of youth using substances being sent to the Emergency Room as a response
- Call for funding proposals came in 2012 from the Ministry of Health
- Funding → Partnership → YSUP

Development of the YSUP Program



- Unique approach within existing shelter beds / program
- Development of the support team/ongoing consulting approach
- Started with 9 pm to 2 am shift, later expansion to 12 noon
- Initial Budget \$156,000
- 2023 Budget \$241,740

Increasing Dignity – Guiding Principles

- Meeting youth where they are
- Decrease stigma
- Proactive vs. reactive supports
- Nonjudgmental - apply trauma informed practices
- Education to youth and staff with focus on harm Reduction philosophies and principles
- Being supportive vs being authoritative
- Every youth is assessed*

Eligibility

- 16-21, staying in shelter or inadequately housed/homeless
- Voluntary
- Mild to moderate intoxication or withdrawal
- Ambulatory, can walk
- Not a risk to self or others (exhibits non-violent behavior)
- Is willing to manage withdrawal without addictions medications

YSUP Team Staffing

- 9pm-12:00pm, 7 days a week, all year
- 1 Withdrawal Management Worker onsite 9pm until 9am
- 1 GS YSUP Worker 9pm-4:30 am and 4:30am-12:00pm
- Mental Health Clinician is available as follow-up support

Additional In-House Partnerships

- Addiction Counsellors from Alternatives for Youth
- Physicians from the Shelter Health Network
- Public Health Nurses from Hamilton Public Health
- Rapid Access Addictions Medicine (RAAM) Nurse Practitioner through larger Good Shepherd Organization



How it Works

It starts with information sharing

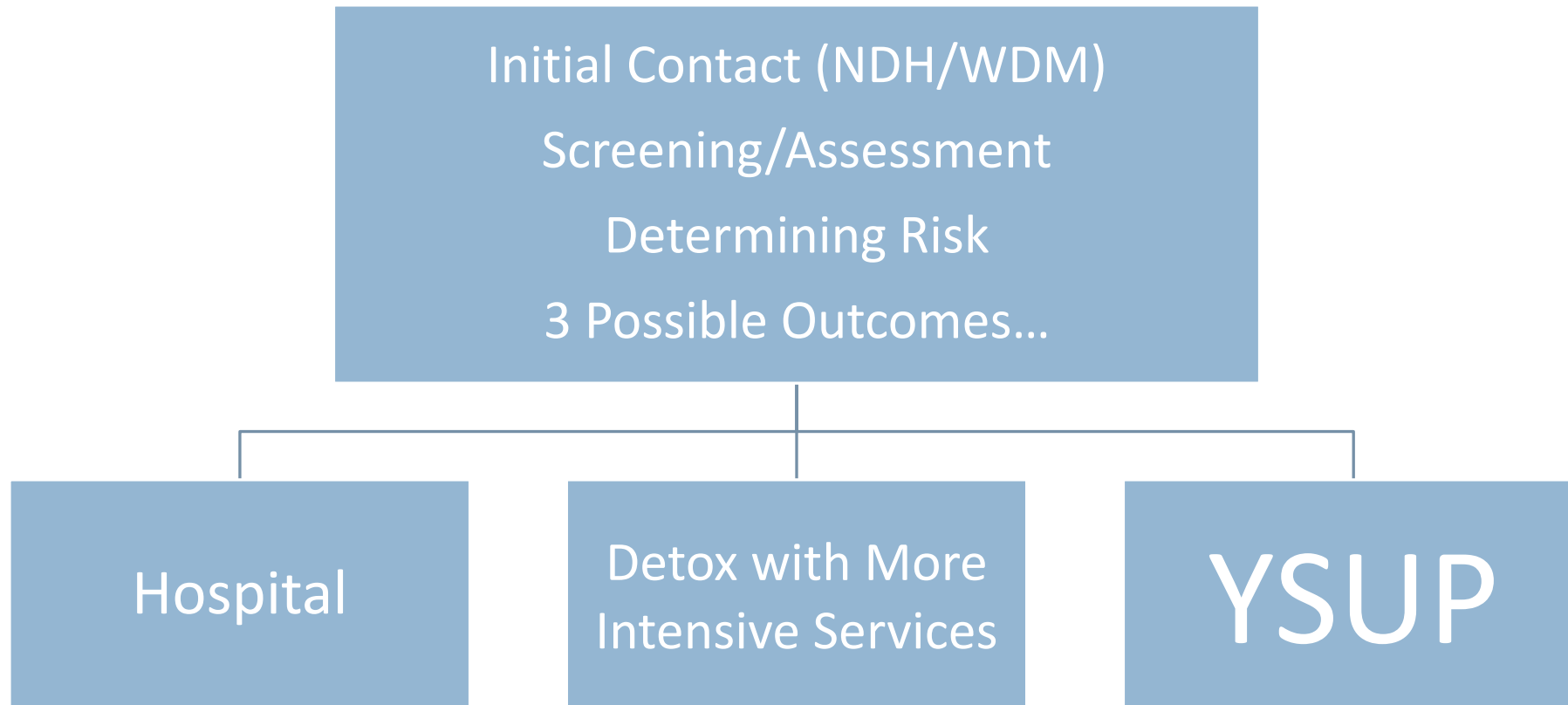
- Self disclosures of past and present substance use from new intakes
- Suspected or disclosed substance use / withdrawal through the day
- Out of character behaviors or unusual presentation
- Medication updates (interactions with psychotropics)
- From 9pm onward, anyone who comes to the front door and/or accesses the dorms is assessed for substance use

Considerations During Assessment



- Self disclosures of use past, present, future use and use plans
- WDM has casual conversations with youth
- Youth Support worker conducts searches
- Connections and rapport are built
- Signs and symptoms of intoxication/withdrawal
 - alertness
 - signs of confusion
 - labored breathing
 - flushed skin/sweating
 - tremors
 - pinned/dilated pupils
 - agitation, restlessness
 - mental health concerns, self harm and suicidal ideations.

Triage and Assessment



Learning and Gains

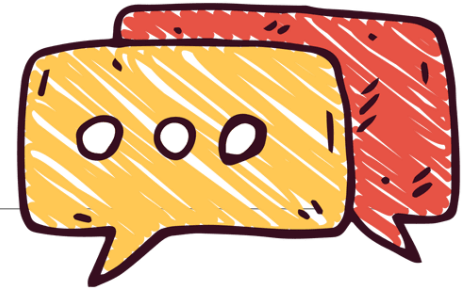


- With extended hours of operation comes
 - Continued assessment of intoxication / withdrawal through entire night
 - A.M. shift change allows for consistent follow up with referrals and transfers to additional supports both internal and external
 - Extended bedrest for service-users
 - Continued support as client transitions into the day
 - Opportunity for conversations re: use management and triggers
 - Ability to identify Patterns of Use
 - Knowledge exchange

What We Have Seen

- Youth come to the door for support - asking for naloxone or just checking in
- Increased staff capacity to manage substance use and drug poisoning outside of YSUP hours
- Decreased stigma from staff and other service-users
- Increased capacity for shelter staff to refer and ask for support from Mash and Womankind if YSUP is not on site...
- Youth are ready to enter treatment if they choose (Gains done by WDM)

Youth Comments



- “The Dame is the best!!! I am thankful for the dedicated staffs hard work and continued dedication to supporting me and helping me make a positive change in my life”
- “When I came back after taking a weed edible and I think it was laced with something the staff help me a lot and I felt safe”
- “I was extremely well taken care of when I was drunk”

The Numbers

	2021	2022	2023 Jan-Sept	Since 2015
Total Assessments	2,878	4,353	3,922	14,970
Diverted from ER	318	348	500	5329
Sent to ER	7	1	4	102

Hopes for Growth

- Expansion to 24 hour services
- New facility with dedicated YSUP wing
- Onsite harm reduction worker
- Expansion of harm reduction policies/practices



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