

PARTNERS IN PRIMARY CARE

Newsletter



WINDSOR
TEAM | CARE | CENTRE

New 2SLGBTQ+ One Team Recovery Program

Windsor Family Health Team (WFHT) in partnership with Windsor Pride, is excited to launch its new 2SLGBTQ+ One Team Recovery (OTR) Program coming January 2023.

Understanding the need and gap in local services for 2SLGBTQ+ individuals struggling with substance use, WTCC, in partnership with Windsor Pride, began adapting its existing OTR program to create a specialized program specific for the 2SLGBTQ+ community. The program will run 2 days a week from 1-4:30pm and participants who complete the program will receive a certificate of completion. The inaugural launch of this additional program is targeted for January 10, 2023.

In 2019 Windsor Team Care Centre (a program of WFHT) developed a 5-week, closed, outpatient substance use program supporting clients 16+, called One Team Recovery (OTR). OTR is an evidence-based, SMART Recovery informed model of care and is a non-spiritual, non-faith-based alternative to 12-step programs. OTR is also trauma informed and aims to provide a safe space for the 2SLGBTQ+ community. Along with the 5-week program, OTR includes a 6-week After Care program and 3-week Family & Friends program.

When compared to the general population, 2SLGBTQ+ community members experience higher rates of addiction – with an attributed rate of 30% across Ontario. Although OTR aims to provide a safe space for the 2SLGBTQ+ community, the research identifies that this population has unique needs when dealing with addictions and would benefit from dedicated services.

OTR is delivered in partnership, with trained Certified Addictions Counselors and Registered Social Workers from Windsor Essex Community Health Centre (WECHC), Essex County Nurse Practitioner Led Clinic (ECNPLC), and Erie Shores Family Health Team, providing sessions year-round in Windsor and Essex County as well as virtually.

IN PARTNERSHIP WITH:  **windsorpride**
community

Self Referral:
Call 519-250-5524 or visit
www.windsortcc.ca to download the
application.

PCPs May Refer by:
Your existing Windsor Team Care Centre referral form
OR



Pharmacist Support in the Team Care Model

Primary care pharmacists provide services to patients and physicians through the health team rather than community pharmacy. This allows the primary care pharmacist additional time to collaborate with physicians and complete comprehensive medication history with the patient. This extensive conversation can provide important details on medications patients have taken in the past and the response they had to those agents. For example, selective serotonin reuptake inhibitors (SSRIs), a commonly prescribed treatment of depression, may cause sexual side effects. In a patient who previously stopped taking an antidepressant due to sexual dysfunction, health care providers may want to choose an antidepressant that is less likely to cause these side effects, however this information may have not been disclosed without the comprehensive history.

"Patients want to feel heard, understood and involved in their care. Our common goal is to address any concerns patients may have with medications as well as manage side effects to help improve adherence so that patients are taking pharmacotherapy long enough to start to see the benefits. It's meaningful work" says Dajana Domazet, Windsor Team Care Centre Pharmacist.



Dajana Domazet, Registered Pharmacist

Windsor Team Care Centre's Pharmacist is available as an option for referring physicians. Pharmacy is also actively engaged and participating in supporting care planning for Team Care Centre clients where appropriate.

"I really enjoy collaborating with other members of our team. Being a source of information physicians and nurse practitioners can rely on and seeing patients do well has been very rewarding" says Dajana. "I have seen patients during our intake process who had questions about their medications. Patients who take pharmacotherapy for treatment of depression for example are often eager to stop taking medications when they start to feel better. My role is to provide education on how medications work, their role in treatment of depression and the risk associated with stopping treatment too soon."

5-WEEK OUT PATIENT SUBSTANCE ABUSE PROGRAM

**NEXT VIRTUAL SESSION:
JANUARY 10, 2023 -
FEBRUARY 10, 2023**

**TUESDAYS AND FRIDAYS
1:00PM-4:30PM**

FRIENDS & FAMILY SUPPORT GROUP

A SUPPORT GROUP THAT PROVIDES
EDUCATION AND SUPPORT FOR INDIVIDUALS
OF LOVED ONES WITH ADDICTION.

**NEXT IN PERSON SERIES OFFERED:
JANUARY 11, JANUARY 18, AND
JANUARY 25, 2023**

5-WEEK 2SLGBTQ+ OUT PATIENT SUBSTANCE ABUSE PROGRAM

**NEXT SESSION: JANUARY 10,
2023 - FEBRUARY 10, 2023**

**TUESDAYS AND FRIDAYS
1:00PM-4:30PM @
WINDSOR FAMILY HEALTH TEAM
2475 MCDUGALL ST. SUITE 245**



[REGISTER TODAY!]

ONE TEAM RECOVERY

519.250.5524