



Canadian Institute for Substance Use Research

# 2023 ANNUAL REPORT

#### **OUR MISSION**

The Canadian Institute for Substance Use Research is a network of individuals and partner organizations dedicated to conducting ethical, collaborative, high-quality studies of risk and protective factors for substance use and addictions, and evaluating interventions relevant to substance use and related health determinants. Our research informs a broad range of projects and initiatives with the goal of preventing and reducing communitywide harms from substance use among diverse populations locally, nationally and internationally.

#### **GUIDING PRINCIPLES**

#### Improve wellbeing, reduce harms

Attention is required to both immediate factors (e.g. behavioural patterns and contexts) and distal factors (e.g. social, economic, policy-related) to effectively prevent and address harms from substance use and addictions across the life course. Recognition that some people will continue to use psychoactive substances and experience addictions is also critical, so strategies are needed to reduce harmful consequences, in addition to efforts that aim to directly reduce or prevent high-risk behaviours. Research that is of high quality and high public health relevance to local, national and international populations are prerequisites in support of this principle.

# Conduct commercially independent, ethical scholarship

Commitment to solid ethical principles and transparency governing internal and external relationships and financial management, the conduct of research and the communication of research findings is of utmost importance. Protection from vested interests is crucial to ensure that research is conducted in the broader public interest and to support public health. This will be enabled by excluding representatives of commercial interests (e.g., alcohol, tobacco, cannabis, and gaming entities) from CISUR membership, and not accepting direct research funding from such sources. Work with government or other funders will involve mindful consideration of political influence or other factors affecting any aspect of the research.

#### Prioritize collaborative relationships

Dynamic, collaborative relationships at multiple levels are essential for ensuring relevance of the research across diverse experiences and outcomes of substance use and related interventions. Key relationships include those with policymakers, nongovernmental and community organizations, researchers from many disciplines, health and social practitioners, media, and the public including people with lived and living experience of substance use and those coping with addictions and other substance-related problems.

# Address social equity, inclusion and justice issues

A commitment to the promotion of equity and fairness and the pursuit of social justice through attention to the impact of the environmental context and social determinants that shape substance use and the development of health inequities is critical. A focus on the role that substance use and related policies play in creating and driving inequalities is required to improve health and address disparities among vulnerable populations. Special attention must be paid to addressing the negative impacts of colonization on Indigenous populations both overall and with respect to substance use.

#### Engage in informed discussion and debate

Open-mindedness and a commitment to fostering respectful discussion is a crucial part of the research process among researchers, and is matched by a commitment to engage in public discussion and debate through focused knowledge mobilization and knowledge exchange activities in order to facilitate the adoption of evidence-based public policy regarding substance use that will improve health and well-being.

# Train and mentor emerging scholars and learners

Training and mentoring the next generation of and learners promotes and sustains high quality substance use-relevant research. We strive to provide collaborative educational opportunities for diverse populations, and to be inclusive of those in non-academic settings (e.g., community or government) or with non-academic career goals.

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#### Cover photo: John Dorocicz

This report covers the period April 1, 2022 to March 31, 2023

### Message from the Advisory Board Chair

This has been another strong year for CISUR in terms of its leading role in research on substance use. Our presence is felt on campus, in the province, nationally and internationally.

We have done well winning grants and contracts, publishing papers and high impact reports, serving on national and international committees and advisory boards, and working to promote change and knowledge exchange through our engagement with communities and governments in order to improve health.

This past year has seen release of several highprofile projects involving CISUR scientists that are national in scope, including the Canadian Substance Use Costs and Harms (CSUCH) study, the Canadian Alcohol Policy Evaluation (CAPE) project, and the new Canadian Guidance on Alcohol and Health. Other ongoing high-profile research relates to the Prescribed Safer Supply initiative in British Columbia, the Vancouver Island Drug Checking project, and a pilot evaluation of the impact of decriminalization of small amounts drugs in Victoria.

On a personal note, the past year was my last serving as Chair of the Advisory Board, a position I have held since 2006. It has been an honour to work so closely with the Centre, and to watch it develop and contribute to the scientific and societal issues related to substance use. I am happy to report that I will continue to see many of you in the coming year, as I assume the role of interim Director of the School of Public Health and Social Policy.

As in past years, I want to offer my deep thanks to members of our Advisory Board who review CISUR's work and help CISUR look to the future, and all the scientists, staff and students that make CISUR the vibrant community it is today.

Here's to another great year ahead, and I am rooting for continued great work by CISUR, long into the future.



**Michael J. Prince**, Ph.D. Lansdowne Professor of Social Policy, University of Victoria Chair, CISUR Advisory Board

### Message from the Director

CISUR continues to be a leading resource for substance use research, and for translation of that research to policy makers and our community partners. Having completed our renewal as a UVic research centre for another five years, we are engaged in a modest strategic planning exercise to reflect and plan for coming years. Overall, however, our mission remains the same: to provide high quality research in order to promote health and wellbeing with respect to substance use and related determinants among communities and individuals locally, nationally and internationally.

CISUR faculty and staff have concluded another successful year of research. Papers, grants, contracts, awards and innumerable media engagements have been matched by important translation and outreach activities. Several major projects were completed that have been years in the making. One was the release of the updated Canadian Substance Use Cost and Harms (CSUCH) study in collaboration with the Canadian Centre for Substance Use and Addictions; this project is a national surveillance project that documents the health and economic impact of seven substances. Another was the Canadian Alcohol Policy Evaluation (CAPE) project, which rates the federal and provincial/territorial governments on the quality of their alcohol control policies. Three CISUR scientists served on the scientific panel for the Canadian Guidance on Alcohol and Health.

We had a very successful years for grants and contracts. Notable examples includes new funding from Island Health and the BC provincial government to sustain and expand the service component of the Drug Checking Project, large awards to evaluate the Prescribed Safer Supply initiative, large Health Canada supplements to develop a web application in support of the new Canadian Guidance on Alcohol and Health and to extend the Cannabis and Managed Alcohol Program, and seed funding to assess the impact in Victoria of the new policy to decriminalize the possession of small amounts of illicit drugs.

This year we honoured the late Harold Johnson by establishing an annual award in his name. Harold was Cree from Northern Saskatchewan who understood alcohol and its effects in many dimensions: through the communities in which he lived and worked, through the eyes of the criminal justice system in his role as crown prosecutor, through policy advocacy with the Northern Alcohol Strategy, and through his reflections as an acclaimed writer. The first recipient of the award was Jarret Nelson, who is a pioneer in land-based



healing to reduce and prevent substance use by building connection to culture, traditions and the physical environment for Indigenous populations.

This year CISUR served as the host organization for UVic honorary degree recipient Ann Livingston. Ann touched the lives of innumerable people in her roles co-founding the Vancouver Area Network of Drug Users and serving as its executive program director for 10 years, and as a volunteer project coordinator of the Nanaimo Area Network of Drug Users. Ann also helped form associations in Surrey, Abbotsford and across Canada, including the BC Association of People on Opiate Maintenance, Western Aboriginal Harm Reduction Society and the Canadian Association of People who Use Drugs.

We've also spruced up our appearance by adding about ten pieces of art in and around the halls and conference areas at CISUR. The art consists of paintings and an engraved paddle from Vancouver Island artists, some of whom are Indigenous. It all looks great.

On a somber note, this marks the final year of the remarkable run of Michael Prince, who has chaired our Advisory Board since 2006. His counsel, support and generosity have been unmatched, and we will miss him greatly. So much thanks to you Michael for all you have done as our Chair, and friend!!

#### Timothy S. Naimi, M.D., M.P.H.

Director, Canadian Institute for Substance Use Research (CISUR) Professor, Department of Public Health and Social Policy, University of Victoria

### **Directors and Faculty**

**Dr. Timothy Naimi** Director, Scientist (Public Health & Social Policy)

Dr. Jaime Arredondo Scientist (Public Health & Social Policy)

Dr. Cecilia Benoit Scientist (Emerita, Sociology)

**Dr. Russ Callaghan** Scientist (Northern Medical Program, UNBC)

Dr. Marilou Gagnon Scientist (Nursing)

Dr. Mikael Jansson Scientist (Sociology)

Dr. Marjorie MacDonald Scientist (Emerita, Nursing)

**Dr. Scott Macdonald** Scientist (Emeritus, Health Information Science)

**Dr. Bernie Pauly** Scientist (Nursing)

Dr. Adam Sherk Scientist

**Dr. Tim Stockwell** Scientist (Emeritus, Psychology)

Dr. Karen Urbanoski Scientist (Public Health & Social Policy)

**Dr. Bruce Wallace** Scientist (Social Work)

Dr. Jinhui Zhao Scientist



Timothy Naimi



Jaime Arredondo







Mikael Jansson



Russ Callaghan



Marilou Gagnon

Scott Macdonald



Adam Sherk



Bruce Wallace



Tim Stockwell



Jinhui Zhao





Karen Urbanoski

### Staff (Victoria)

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**Aaron Bailey Research Assistant** 

Karisma Basi **Research Assistant** 

Shawn Belcourt Peer Research Associate

Meaghan Brown **Research Coordinator** 

**Piotr Burek Research Assistant** 

**Fred Cameron Community Research** Associate

Dr. Connie Carter **Research Manager** 

Jenny Cartwright **Research Manager** 

Laura Cartwright Peer Research Associate

Nicole Chaland **Research Assistant** 

**River Chandler Research Assistant**  Sam Churchill Data Analyst

Andrea Cowan Project Coordinator

Mélyna Désy Bédard **Research Assistant** 

John Dorocicz IT Support and Programming

**Elizabeth Farkouh Research Assistant** 

Amanda Farrell-Low Communications Officer / Assistant to the Director

James Fraser **Research Assistant** 

Pablo González Nieto **Research Assistant** 

Sybil Goulet-Stock **Research Coordinator** 

Brittany Graham Research and CoP Coordinator

Daniel Gudiño Research Assistant

**Priscilla Healey Research Assistant** 

Kris Hedlund **Research Assistant** 

Nancy Henderson **Research Assistant** 









Pintr Rurek





Sybil Goulet-Stock

**Priscilla Healey** 



Brittany Graham



Meaghan Brown









Stephanie Arlt



Daniel Gudiño



**Jur People & Partner** 

### Staff (Victoria), cont'd

**Heather Hobbs Research Assistant** 

Katherine Hogan **Research Assistant** 

**Abby Hutchison Research Assistant** 

Chidimma Ike **Research Assistant** 

Priya Johal **Project Coordinator** 

**Hermione Jefferis Research Associate** 

Jeremy Kalicum **Research Assistant** 

Jenn Keogh **Research Assistant** 

Liam King **Research Assistant** 

**Mike Knott Community Research** Associate

**Brett Koenig Research Assistant** 

**Ashley Larnder Research Assistant** 

**Morgan Lindsay Research Assistant** 

**Rebecca Louw Research Assistant** 

**Celeste Macevicius Research Assistant** 

Susan Martin **Research Associate** 

**Kate McAllister Research Assistant** 

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**Phoenix Beck McGreevey** Peer Research Associate

**Becky McLeod** Peer Research Associate

Sydele Merrigan **Research Associate** 

Lacey Mesley **Research Assistant** 

**Megan Mills Research Assistant** 

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**Emily Nichol Research Assistant** 

**Alayna Payne Research Assistant** 

**Joshua Pelletier** Peer Research Associate



Susan Martin

Nicole Chaland

Hermione Jefferis







Jenn Keoah

Abby Hutchison

Phoenix Beck McGreevy





Pablo González Nieto



Priya Johal



**Celeste Macevicius** 





Lacey Mesley

Alayna Payne

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Sydele Merrigan

## Staff (Victoria), cont'd

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Dr. Thea van Roode **Research Associate** 

Laura Vetrone **Research Assistant** 

**Nicole Vishnevsky Research Assistant** 



**Tina Price** 



**Heather Strosher** 



Joanne Thompson

Kate Vallance





Alexandra Trifonidis

**Deidre Rautenberg** 

**Ginger Sullivan** 





Thea van Roode

Laura Vetrone

# Staff (Vancouver)

Dr. Tim Dyck **Research Associate** 

**Dr. Trudy Norman Research Associate** 

# **Post-Doctoral Fellows**

Dr. Gillian Kolla (Public Health)

**Dr. Andrea Mellor** (Social Dimensions of Health)

Dr. Jennifer Robinson (Social Dimensions of Health)

**Dr. Marion Selfridge** (Social Dimensions of Health)





**Trudy Norman** 







Jennifer Robinson







**Marion Selfridge** 



**Roisin Unsworth** 

**Emmett Sihoe** 

Tavlor Teal

### **Advisory Board**

Dr. Michael Prince, Chair Lansdowne Professor of Social Policy, University of Victoria

Dr. Mark Asbridge Department of Community Health and Epidemiology, Dalhousie University

**Dr. Brian Emerson** Deputy Provincial Health Officer, BC Ministry of Health

**Dr. William Kerr** Senior Scientist, Alcohol Research Group, Public Health Institute, Oakland, California

Jessica Mensinger Practice Lead, Substance Use Team, Interior Health Authority

**Dr. Cynthia Milton** Associate Vice-President, Office of the Vice-President Research, University of Victoria

William Ng Assistant Commissioner, BC Royal **Canadian Mounted Police** 

**Dr. Catherine Paradis** Interim Associate Director, Research, Canadian Centre on Substance Use and Addiction

Sandra Richardson Chief Executive Officer, Victoria Foundation

**Colleen Salter Director, Mental Wellness Clinical** Services, First Nations Health Authority

**Darryl Sturtevant** Assistant Deputy Minister, Ministry of Mental Health and Addictions

**Kate Vallance CISUR Research Associate, staff** representative

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Villiam Kerr

**Catherine Paradis** 

**Darryl Sturtevant** 





**Brian Emerson** 



William No



**Colleen Salter** 

Sandra Richardson

**Cynthia Milton** 





# **Collaborating Scientists**

**Dr. Brittany Barker** Health System Impact Fellow, First Nations Health Authority

**Dr. Jeffrey Brubacher** Emergency Physician and Researcher, Vancouver General Hospital

**Dr. Jane Buxton** Professor, School of Population and Public Health, University of British Columbia, Physician Epidemiologist, Harm Reduction Lead, BC Centre for Disease Control

**Dr. Erin Hobin** Scientist, Public Health Ontario

**Dr. Dennis Hore** Professor, Department of Chemistry, University of Victoria

**Dr. Chris Gill** Professor, Department of Chemistry, Vancouver Island University

**Dr. Mark Kaplan** Professor, UCLA Luskin School of Public Affairs

**Dr. Nathan Lachowsky** Associate Professor, School of Public Health and Social Policy, University of Victoria

**Dr. Bonnie Leadbeater** Professor, Department of Psychology, University of Victoria

**Dr. Doug Magnuson** Professor, School of Child and Youth Care, University of Victoria

**Dr. Lenora Marcellus** Associate Professor, School of Nursing, University of Victoria

**Dr. Christine Ou** Assistant Professor, School of Nursing, University of Victoria







Jane Buxton

Jeffrey Brubacher







Erin Hobin



Mark Kaplan





Nathan Lachowsky

Bonnie Leadbeater







Christine Ou

Lenora Marcellus







Sana Shahram

Amanda Slaunwhite

Gerald Thomas

**Dr. Sana Shahram** Assistant Professor, School of Nursing, UBC Okanagan

#### Dr. Amanda Slaunwhite

Senior Scientist, BC Centre for Disease Control, Assistant Professor, UBC School of Population & Public Health

#### Dr. Gerald Thomas

Director, Alcohol & Gambling Policy, Healthy Populations and Development, BC Ministry of Health

#### **Research Affiliates**

James Clay PhD Researcher, Department of Psychology, University of Portsmouth

Alissa Greer BC Centre for Disease Control Harm Reduction Program Peer Engagement & Evaluation Project

Kathleen Perkin Manager, Harm Reduction Policy, BC Ministry of Health

**Dr. Rachel Phillips** Executive Director, Peers Victoria Resources Society

**Dr. Diane Rothon** Physician, Drug Treatment Court

**Prof. Robert Solomon** Senior Legal Affiliate, Distinguished University Professor, Faculty of Law, Western University

**Dr. Vidhi Thakkar** Institute of Health Policy, University of Toronto

**Dr. Kara Thompson** Assistant Professor, Department of Psychology, St Francis Xavier University

**Dr. Zach Walsh** Co-Director, Centre for the Advancement of Psychological Science & Law

Ashley Wettlaufer Policy Officer, Centre for Addiction and Mental Health & Canadian Centre on Substance Abuse

**Dr. Erica Woodin** Associate Professor, Department of Psychology, University of Victoria









Rachel Phillips



Robert Solomon

Zach Walsh





Ashley Wettlaufer



Kara Thompson

**Diane Rothon** 

Erica Woodin

### **Graduate Students**

**Stephanie Arlt** Social Dimensions of Health Program (MA)

Alison Barnett Social Dimensions of Health Program (PhD)

Meaghan Brown School of Nursing (PhD)

Hannah Dalton School of Social Work (MSW)

Samantha Davis School of Social Work (MSW)

Melissa Forsyth Department of Sociology (PhD)

James Fraser Social Dimensions of Health Program (MA)

Sybil Goulet-Stock Department of Psychology (PhD)

Lea Gozdzialski Department of Chemistry (PhD)

**Daniel Gudiño** Social Dimensions of Health Program (PhD)

Peter Greenwell Department of Sociology (PhD)

Nancy Henderson School of Nursing (PhD) **Abby Hutchison** School of Public Health and Social Policy (MPH)

Jeremy Kalicum School of Public Health and Social Policy (MPH)

Jenn Keogh Social Dimensions of Health Program (PhD)

**Marshall Kilduff** Social Dimensions of Health Program (MA)

Liam King Island Medical Program (MD)

Megan Kirk School of Nursing

Brett Koenig Department of Sociology

**Celeste Macevicius** School of Public Health and Social Policy (MPH)

Kirstin McLaughlin School of Nursing (PhD)

Lacey Mesley School of Public Health and Social Policy (MPH)

**Jennifer Miller** Social Dimensions of Health Program (PhD) Zakkaery Moebes Department of Sociology

**Emily Nichol** Social Dimensions of Health Program (MA)

Pablo González Nieto Public Health and Social Policy (MA)

**Deidre Rautenberg** Social Dimensions of Health Program (PhD)

Emily Shaw School of Social Work (MSW)

**Ginger Sullivan** School of Nursing (PhD)

**Gioi Tran Minh** Social Dimensions of Health (MA)

**Roísín Unsworth** Department of Sociology (PhD)

Laura Vetrone School of Child and Youth Care (PhD)

Logan White Social Dimensions of Health (MA)

**Undergraduate Students** 

Aaron Grinberg Reed College, Portland OR

Sierra Grant Statistics/Psychology, UVic



Fred Cameron, Mike Knott and Mark Willson of SOLID and CISUR scientists Karen Urbanoski and Bernie Pauly at Ann Livingston's public talk in June 2023.

# **CISUR-LED CENTRE**

• World Health Organization/Pan American Health Organization (WHO/PAHO) Collaborating Centre on Alcohol and Public Health Policy, Washington, DC/Geneva, Switzerland

# **COLLABORATING CENTRES**

- Canadian Centre on Substance Use and Addiction (CCSA), Ottawa
- Centre for Addiction and Mental Health, Institute for Mental Health Policy Research (CAMH), Toronto
- Alcohol Research Group (ARG), National Alcohol Research Center, Berkeley, CA, USA
- National Drug Research Institute (NDRI), Curtin University, Perth, WA, Australia
- Sheffield Alcohol Research Group (SARG), School of Health and Related Research, University of Sheffield, UK

# **COMMUNITY COLLABORATIONS**

We would like to gratefully acknowledge the support and collaboration of many colleagues and community agencies, including the following:

# Victoria:

- Aboriginal Coalition to End Homelessness
- AVI Health and Community Services
- Community Social Planning Council
- SOLID Outreach Society
- Surrounded by Cedar Child and Family Services
- Victoria Cool Aid Society

# **British Columbia:**

- BC Centre for Disease Control
- BC Centre on Substance Use
- BC Ministry for Attorney General
- BC Ministry for Mental Health and Addictions
- BC Ministry of Health
- BC Ministry of Public Safety & Solicitor General
- BC Support Unit- Vancouver Island Centre
- BC Representative for Children and Youth
- BC Women's Hospital and Health Centre
- BC/Yukon Association of Drug War Survivors
- Coalition of Substance Users of the North (CSUN), Quesnel
- First Nations Health Authority
- Fraser Health
- Interior Health
- Island Health Authority (VIHA)
- KANDU (Knowledge for All Nations and Developing Unity), Kelowna
- Lookout Housing and Health Society
- Northern Health Authority
- Office of the Provincial Health Officer, BC Ministry of Health
- Port Alberni Shelter Society
- Provincial Health Services Authority (PHSA)
- Public Health Association of British Columbia (PHABC)
- Vancouver Island Mental Health Society
- Vancouver Island University

### Vancouver:

- Eastside Illicit Drinkers Group for Education
   (EIDGE)
- St. Paul's Hospital
- Providence Health Care
- Vancouver Area Network of Drug Users
   (VANDU)
- Vancouver Coastal Health

# **Rest of Canada:**

- CAN, Canadian Academy of Health Sciences
- CAN, Canadian Alliance for Sex Work Law Reform
- CAN, Canadian Centre for Justice Statistics (CCJS), Statistics Canada
- CAN, Canadian Centre on Substance Use and Addiction (CCSA),
- CAN, Canadian Institute for Health Information (CIHI)
- CAN, Centre of Excellence on Women's Health (CEWH)
- CAN, Health Canada
- CAN, Mental Health Commission of Canada
- CAN, Public Health Agency of Canada
- CAN, Royal Society of Canada
- ON, Centre for Addiction and Mental Health, Toronto
- ON, Homewood Research Institute, Guelph
- ON, Jean Tweed Centre, Etobicoke
- ON, Ottawa Inner City Health, Ottawa

### International:

- University of Stirling and Salvation Army Research Unit, UK
- University of New South Wales, Australia

KEY RESULTS AREA 1: To Build Capacity

To build Canadian infrastructure and capacity to conduct research and knowledge exchange that will increase understanding and support more effective responses to substance use.



#### **Our objectives:**

- to maintain or increase the number of substance use research projects through grants and contracts;
- to maintain or increase national and international funding for substance use and health research at CISUR; and
- to maintain or increase projects and funding for knowledge exchange concerning substance use and health promotion at CISUR.

#### **Highlights**

CISUR faculty earned 15 new or renewed competitive grants (6) and contracts (9) during the 2022/23 fiscal year; these are listed on the following two pages. The total funds from these new grants and contracts was approximately \$4.8 M. Amounts from all new and ongoing projects are displayed in the pie chart at the end of this section, and descriptions of these projects can be found in Key Results Area 3.

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## New successful applications to funding competitions

- APPRISING THE EVIDENCE: A NATIONAL SYMPOSIUM ON UNDERSTANDING THE DIVERSITY OF PEOPLE IN SEX WORK CIHR Panning and Dissemination Grant, \$19,825, 2023-2024
- A MIXED METHODS EVALUATION OF SAFER SUPPLY INITIATIVES TO REDUCE ILLICIT DRUG OVERDOSE IN BC CIHR Project Grant, \$2,050,200, 2022-2026
- REALIZING THE RIGHT TO HOUSING: THE HOUSING JUSTICE PROJECT, VANCOUVER FOUNDATION Participatory Action Research Grant, \$130,000, 2022-2025
- STRENGTHENING SAFETY NETS TO IMPROVE ACCESS TO SUBSTANCE USE AND MENTAL HEALTH SERVICES TO OPTIMIZE YOUTH-DETERMINED HEALTH AND WELLNESS Banting Postdoctoral Fellowship. Canadian

Institutes of Health Research, \$140,000, 2023-2025 UNDERSTANDING PATHWAYS TO ENHANCE ACCESS TO YOUTH SUBSTANCE USE SERVICES, INTERVENTIONS, AND OVERDOSE PREVENTION RESOURCES IN VICTORIA, BC

Michael Smith Foundation of BC Convene and Collaborate Grant, \$14,877, 2022-2024

UNDERSTANDING PATHWAYS TO ENHANCE ACCESS TO YOUTH SUBSTANCE USE SERVICES, INTERVENTIONS, AND OVERDOSE PREVENTION RESOURCES IN VICTORIA, BC SSHRC Partnership Engagement Grant,

\$24,888, 2022-2024.



CISUR presented the first annual Harold Johnson *Changing the Alcohol Story* Award in June 2023. Pictured here is Harold's widow Joan Johnson, award recipient Jarret Nelson and CISUR Director Tim Naimi.

### New commissioned contracts won and other grants

- TO ASSESS THE OVERALL COHERENCY OF GOVERNMENT POLICIES RELATED TO LEGAL SUBSTANCES AND PROBLEM GAMBLING USING PUBLIC HEALTH CRITERIA (E.G., BURDEN OF ILLNESS) TO IDENTIFY LEADING PRACTICES AND/OR OPPORTUNITIES TO INFORM MINISTRY STRATEGIC POLICY DEVELOPMENT BC Ministry of Health, \$30,000, 2022-2023
- BC PUBLIC HEALTH OFFICER ALCOHOL REPORT
   BC Ministry of Health, \$81,250, 2023-2024
- DEVELOPMENT OF A WEB APP FOR THE COMMUNICATION OF ALCOHOL HEALTH RISKS
   Health Canada's Substance Use and Addiction Program, \$1.1million, 2022-2027
- EVALUATING CANNABIS SUBSTITUTION ON THE HEALTH AND WELL-BEING OF PARTICIPANTS IN MANAGED ALCOHOL PROGRAMS
   Health Canada's Substance Use and Addiction

Health Canada's Substance Use and Addiction Program, \$1.3million, 2022-2024

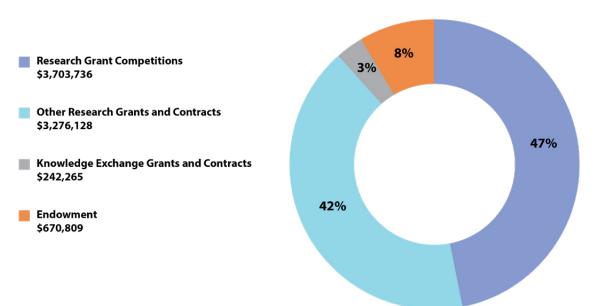
 AN INVESTIGATION INTO THE ALCOHOL-CAUSED HARM EXPERIENCED BY DIFFERENT DRINKING GROUPS IN CANADA Health Canada, \$15,000, 2022-2023

- MODELLING THE RELATIONSHIP BETWEEN TAX AND PRICE POLICIES AND IMPACTS ON ALCOHOL CONSUMPTION AND HARMS IN DIFFERENT SOCIO-ECONOMIC GROUPS IN CANADA Public Health Agency of Canada, \$40,000, 2023
- PROVINCIAL EVALUATION OF PRESCRIBED SAFER SUPPLY BC Ministry of Mental Health and Addictions, \$2,126,700, 2022-2024
- A SCOPING REVIEW AND DEVELOPING A CONTINUUM OF SAFER SUPPLY MODELS BC Ministry of Health, \$37,000, 2022-2023
- UPDATING AND REVISING CANADIAN ALCOHOL POLICY EVALUATION (CAPE) 3.0 SCORING RUBRIC AND ASSESSING THE FEASIBILITY OF APPLYING IN CANADA THE ALCOHOL ENVIRONMENT PROTOCOL (AEP) FOR THE INTERNATIONAL ALCOHOL CONTROL (IAC) STUDY
   Public Health Agency of Canada, \$68,115,

Public Health Agency of Canada, \$68,115 2022-2023

# Total income for 2022/23 from new and ongoing projects and other sources

The figure below summarises the various sources of our income, which comes to a total of approximately \$7.9 M. The bulk of these funds come from grants (~\$3.7 M) and contracts (~\$3.3 M), with the rest coming from core funding from the endowment and knowledge exchange grants and contracts. The endowment funding includes carryover from the previous year (endowment funding without the carryover was approximately \$0.6M). We also receive approximately \$50,000 annually in overhead costs (this varies from year to year and are often paid after fiscal year end so exact 2022/2023 totals are not yet confirmed).



#### CISUR 2022/23 Revenue and carry-forward summary

# UVIC-LED PROJECT OFFERS STEPS TO REPAIR CANADA'S FAILING ALCOHOL POLICY

By Amanda Farrell-Low

A University of Victoria-led project has revealed worsening alcohol policy grades across the country and proposed detailed steps to get Canada back on track. the provinces and territories and the federal government, which shows them how they are faring in 11 different policy domains including pricing and taxation, physical availability, control system, marketing and advertising, health and safety messaging and more. It offers tailored recommendations for how they can improve their scores and strengthen their policies in support of public health.

"Some of these recommendations include creating minimum prices tied to alcohol content and indexed to inflation, moving the oversight of alcohol regulation and sales to a government ministry focused on health or safety rather than finance, reducing hours of sale, mandating warning labels for alcohol containers

THIS IS ABOUT MORE THAN ASKING INDIVIDUALS TO CONSIDER CUTTING DOWN ON THEIR DRINKING. YES, THAT CAN BE IMPORTANT, BUT GOVERNMENTS NEED TO MAKE CHANGES TO THE BROADER DRINKING ENVIRONMENT. CAPE OFFERS A SCIENTIFIC EVALUATION OF WHERE OUR GOVERNMENTS ARE AT IN TERMS OF HEALTH-ORIENTED ALCOHOL POLICY, WHILE ALSO GIVING THE TOOLS THEY NEED TO IMPROVE.

- Dr. Tim Naimi, CISUR director and lead of the CAPE Project

News of alcohol's harms and costs has

dominated headlines post-COVID. The Canadian Alcohol Policy Evaluation (CAPE) Project, led by UVic's Canadian Institute for Substance Use Research (CISUR), brought together researchers from institutions across Canada to evaluate alcohol control policies federally and in all 13 provinces and territories. Today, they release their results alongside evidence-based solutions to improve health and well-being.

While the project offers a less than rosy picture of where government alcohol policy sits today, it comes with solutions. CAPE has prepared a detailed report card for each of or officially endorsing the new Canadian Guidance on Alcohol and Health," explains Naimi. "Governments could also develop an alcohol strategy on a provincial or territorial level or create a federal Alcohol Act."

Many of these strong policies are in place in some parts of Canada today. If governments were to implement the best existing policies

consistently across Canada's provinces and territories, they could score 80 per cent or an A-.

This is the CAPE Project's third evaluation of alcohol policy across Canada's provincial, territorial and federal governments—and the results aren't great. Every single jurisdiction got an overall failing grade, with the lowest scoring jurisdiction, Northwest Territories, only getting 32%. The highest-scoring jurisdictions—Manitoba and Quebec—only scored 44% and 42%, respectively. The federal government's score was just 37%. "This reflects 'red tape reduction', 'modernizing' initiatives and other erosions of public-healthfocused alcohol policies we have seen in recent years," says Naimi. "We were starting to see it ramp up when we released our last evaluation in 2019, and during the COVID-19 pandemic we have only seen it get worse."

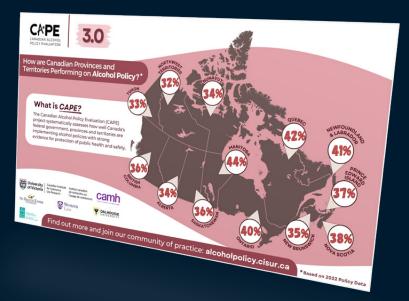
The CAPE Project is a collaborative project involving researchers from the Centre for Addiction and Mental Health (CAMH), Western University, St Francis Xavier University, Dalhousie University, and the Canadian Institute for Health Information. The institutions worked together to create the evidence-based scoring rubric, collect relevant policy data from across the country, and score the individual provincial, territorial and federal governments on how they fared across the 11 different policy domains. The project also relied on stakeholders within the government to validate the data and ensure its accuracy. "This was a massive, scientifically rigorous project that could only be achieved via these strong partnerships with institutions and governments across Canada," says Norman Giesbrecht, scientist emeritus at CAMH's Institute for Mental Health Policy Research who has been a key part of CAPE since its first iteration. "We are grateful to be able to do this evaluation for a third time and build on the excellent work that began with the first CAPE in 2011."

The CAPE Project was funded by Health Canada and the Public Health Agency of Canada.

For more details on the project, visit alcoholpolicy.cisur.ca.

This article originally appeared in UVic News.

The Canadian Alcohol Policy Evaluation (CAPE) looked at how well Canada's provinces and territories are implementing alcohol policies with strong evidence for protection of public health and safety.



KEY RESULTS AREA 2: To Engage Academic Expertise

To capitalize on the resources of Canadian universities through the recruitment of highcalibre graduate and postdoctoral students from multiple relevant disciplines to the study of substance use, addiction and harm reduction.



#### **Our objectives:**

- to attract and retain high quality researchers from a broad range of disciplines to the BC substance use and addictions field;
- to attract and retain high quality students from a broad range of disciplines to the BC substance use and addictions field;
- empower mew researchers to become Pls; and
- encourage collaborative relationships.

#### **Highlights**

CISUR faculty were active in teaching substance use-relevant courses in online and in-person formats across several disciplines and faculties at UVic. We continue to house and mentor a handful of postdoctoral students, and mentor approximately 20 graduate students. The high quality of our team was acknowledged through a number of awards during the past year, listed below in alphabetical order of the recipient.

## Honours and awards

Cecilia Benoit	<ul> <li>2023 R.D. Defries Award. Canadian Public Health Association (Honorary Life Membership)</li> </ul>	
	<ul> <li>2022 Richard Green Founding Editor Essay Award: "The Prostitution Problem: Claims, Evidence, and Policy Outcomes"</li> </ul>	
Marilou Gagnon	<ul> <li>2023 CAHR-CANFAR Excellence in Research Award (community- based research)</li> </ul>	
	<ul> <li>2022 Provost's Advocacy and Activism Awards in Equity, Diversity and Inclusion, University of Victoria</li> </ul>	
Sybil Goulet-Stock	2022 Vanier Canada Graduate Scholarship	
Gillian Kolla	<ul> <li>2022 New Investigator Award – Canadian Association of HIV Research (CAHR) Conference Presentation</li> </ul>	
Marjorie Macdonald	<ul> <li>2021 GQNR Best Paper Award, "Putting on and Taking off the Capulana: A Grounded Theory of How Mozambican Women Manage Gender Oppression"</li> </ul>	
Andrea Mellor	<ul> <li>Canadian Institute of Health Research – Banting Post-Doctoral Fellowship (Strengthening safety nets to improve access to substance use and mental health services to optimize youth-determined health and wellness)</li> </ul>	
Karen Urbanoski	HSD Mid-career Research Award	



# DRUG OVERDOSES IN PUBLIC BATHROOMS ARE COMMON: NEW TOOLS COULD PREVENT HARM AND IMPROVE RESPONSE

By Marilou Gagnon and Trevor Goodyear

The drug poisoning crisis in Canada is at its worst in British Columbia, with over 10,000 lives lost since 2016. A key setting for overdoses in B.C. is bathrooms, though this information has not always been readily available.

Every month in B.C., more than 50 overdoses happen in bathrooms. This statistic is based on 911 calls where overdose was specifically documented to have occurred in bathrooms. As such, it is likely an undercount of all drug poisonings that take place in bathrooms across the province.

More must be done to prevent and improve how we respond to overdoses in these settings.

There are many reasons for substance use and overdose in bathrooms.

Bathrooms can be private, seemingly safe spaces for people to use substances, especially when they are unable to access supervised consumption or overdose prevention sites. Even when these services are available, some people will continue to use substances in bathrooms. This is often due to stigma as well safety and privacy concerns, including the fear of others knowing about one's substance use.

There can be serious risks to using substances in bathrooms. Chief among these is the risk of overdosing alone and not receiving lifesaving help in time. Fortunately, there are many ways to make bathrooms safer for people who use substances.

## The Safer Bathroom Toolkit

Our team of substance use and harm reduction researchers has spent the last year identifying best practices and developing a range of tools that people and organizations can use to make bathrooms safer.

Together, we launched a provincewide consultation to ask community members, service providers, city staff and other stakeholders about overdose in bathrooms.

Almost half (44 per cent) of the 237 people surveyed felt their organizations' bathrooms were not safe for people who use substances, and many others (27 per cent) weren't sure. They shared common barriers to bathroom safety and highlighted resources they needed to better prevent and respond to overdose in these settings.

We developed the Safer Bathroom toolkit based on this consultation. The toolkit provides practical resources related to overdose and bathroom safety, all of which can be adapted to suit individual and organizational needs.

These tools include a checklist for evaluating and improving bathroom safety, a guide to inform policy and protocol development, mock overdose scenarios to help with training and support, and examples of signs that convey non-judgmental information to bathroom users. We also created a bathroom design and remodelling fact sheet, working in close collaboration with architects who specialize in harm reduction.

Some of the best practices we share in the toolkit are for organizations to have policies and protocols in place about when and how often to do bathroom safety checks, for staff to complete a monthly mock overdose response exercise, and for bathrooms to be designed in such a way that people can easily and safely respond to overdoses, if they occur.

Incorporating these practices while raising awareness about overdose is one way that communities can come together to save lives.

# Is bathroom safety really the answer?

Existing public health measures are not doing enough to respond to the drug poisoning crisis. What we urgently need is a safer, regulated and accessible drug supply, an improved system of voluntary substance use treatment and care and scaled up harm reduction services. As we continue the work of filling gaps in access to these essential supports, making bathrooms safer should be a priority.

This is important because designated, supervised spaces for safer substance use are scarcely available in many regions in B.C. and across Canada. When these aren't accessible, public and private bathrooms in our communities can function as "de facto" drug consumption sites.

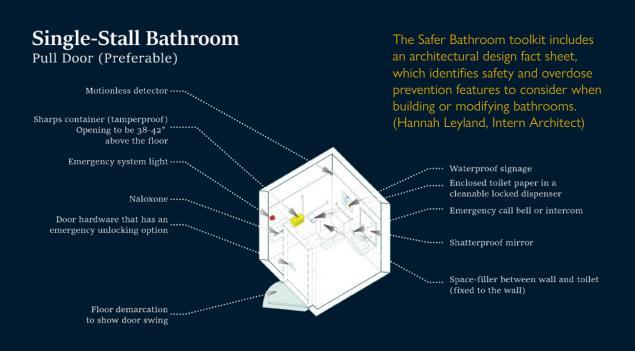
What we must not do is try to prevent or deter access to bathrooms for people who use substances. Some may try measures like installing neon-blue lights that make it more difficult to see veins. However, doing so is ineffective at preventing substance use in bathrooms and actually increases risks. From our perspective, making bathrooms safer is part of the solution and one that benefits all bathrooms users. Our hope is that the Safer Bathroom toolkit will offer concrete tools to achieve this.

# Access to (safer) bathrooms is a human rights issue

The COVID-19 pandemic and safety measures have renewed calls for more public bathrooms, especially as people are spending more time outdoors. This is even more so in B.C. and other areas that are hard hit by housing and climate crises. For many people, especially our communities' most vulnerable, finding a bathroom to use can be a very difficult task.

In our view, the safer bathroom conversation ties into the broader conversation about access to bathrooms being a human right. As our communities strive to improve bathroom access, we must invest in making these spaces safe and accessible for all, including people who use substances.

originally published in The Conversation Canada



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KEY RESULTS AREA 3: Implementation of Quality Research

To conduct high quality research that increases understanding of substance use, addiction and related harms in order to inform effective responses and promote health.



### **Our objectives:**

- to conduct research on the patterns, distribution, determinants and consequences of substance use in Canada and internationally;
- to conduct research that is valued by stakeholders as being of high quality, responsive to emerging issues and relevant to public policy and practice in Canada and internationally;
- to publish research findings in international peer reviewed journal articles, book chapters, books and research monographs;
- to disseminate research findings through reports, systematic reviews and other resources, nationally and internationally;
- to achieve a high academic impact for CISUR addictions-related research so that it is well known, frequently requested and often cited internationally; and
- to conduct research in the following other key priority areas:
  - the impact of educational, legislative and regulatory strategies to minimize alcohol and other drug-related harms
  - . development and evaluation of more effective community prevention programs
  - substance use patterns and epidemiological analyses of risk and protective factors for substance use and related problems
  - . development and evaluation of more effective treatment systems and programs
  - the influence of structural determinants of social contexts of drug use on the implementation of harm reduction strategies
  - research and evaluation of effectiveness of knowledge translation and exchange activities and strategies, and delivery of knowledge exchange services.



AAA relevance of keyphrase | declining AAA growing (2018-2022)

A word cloud containing common keywords from CISUR's academic publications.

# Highlights

CISUR had an outstanding year for high quality, impactful research projects. Major active research projects cover the areas of substance use epidemiology, the effect of policies and regulatory interventions, social determinants of health, harm reduction among those with lived or living experience and/or active substance use disorders, treatment systems, and community engagement and knowledge translation products and evaluations. Overall, there were 48 total ongoing research projects in which CISUR scientists served as principal investigator, plus another 20 projects involving CISUR scientists with non-CISUR Pls; these research projects are listed below in alphabetical order. The word cloud gives a high-level overview of the featured topics of research based on published studies.

Publications are an important measure of research productivity and impact, particularly within the scientific community. From 2018 through the first part of 2023, CISUR scientists co-authored 344 peer-reviewed manuscripts, with an average of 11 citations per manuscript. The average field weighted citation index for these manuscripts was 1.65 (the average for all published manuscripts is 1.0). In addition, the cumulative h-index of these publications was 89, meaning that there were 89 CISUR-authored publications with at least 89 citations.

Approximately 20% of all published manuscripts were in the top 10% of the most cited publications worldwide, and 36% of all publications appeared in the top 10% of journals in terms of impact. For most CISUR research focus areas, the worldwide impact of our research publications was in the 90th percentile or greater. Furthermore, reflecting our focus on substance use policy, almost 20% of publications were cited in government policy documents. Approximately 33% of manuscripts involved international collaborators, and 47% of manuscripts involved national collaborations (i.e., with other researchers in Canada outside of UVic). For additional detail including scientist-specific information, please see the Appendix at the end of the report.

Overall research perform: Entity: CISR + Year range:	ance 2018 to 2023 · Data source: Scopus, up 1	o 21 Jun 2023
344 Scholarly Output 💐 62.2% Open Access	15 Researchers	1.65 Field-Weighted Citation Impact 🕸
3,818 Citation Count 🕸	11.1 Citations per Publication 🕸	

# A. CISUR PROJECTS

#### ALCOHOL AND OTHER DRUG SCREENING AND EDUCATION

#### Investigators: Dyck, T. & Reist, D.

Funding body: BC Mental Health and Substance Use Services, a program of the Provincial Health Services Authority Duration of support: ongoing

APPRISING THE EVIDENCE: A NATIONAL SYMPOSIUM ON UNDERSTANDING THE DIVERSITY OF PEOPLE IN SEX WORK

Investigators: Benoit, C. (NPA), Mellor, A., & Koening, B. (co-ls) Funding body: CIHR Planning and Dissemination Grant.

Duration of support: 2023-2024

#### ASSESSING THE IMPACTS OF THE CANNABIS ACT ON HEALTH- AND CRIME-**RELATED OUTCOMES AMONG YOUTH**

Investigators: Callaghan, R. (PI), Asbridge, M., Hathaway, A., & MacDonald, M. (co-ls) Funding body: CIHR Project Grant Duration of support: 2022-2024

TO ASSESS THE OVERALL COHERENCY OF GOVERNMENT POLICIES RELATED TO LEGAL SUBSTANCES AND PROBLEM GAMBLING USING PUBLIC HEALTH CRITERIA (E.G., BURDEN OF ILLNESS) TO **IDENTIFY LEADING PRACTICES AND/OR OPPORTUNITIES TO INFORM MINISTRY** STRATEGIC POLICY DEVELOPMENT

Investigators: Naimi, T. (PI), Vallance, K., Priore, B., & Vishnevsky, N. Funding body: Ministry of Health Duration of support: 2022-2023

#### **BC PARTNERS EVALUATION**

Investigators: Reist, D. & Norman, T. Funding body: BC Mental Health and Substance Use Services, a program of the Provincial Health Services Authority Duration of support: Ongoing

**BC PUBLIC HEALTH OFFICER ALCOHOL** REPORT

Investigators: Naimi, T. (PI), Zhao, J., Farkouh, E., & Price, T. Funding body: BC Ministry of Health Duration of support: 2023-2024

**BEYOND THE 'MISSING WOMEN INQUIRY':** EMPOWERING SEX WORKERS AS SOCIAL JUSTICE ADVOCATES

Investigator: Benoit, C. Funding body: Pierre Elliott Trudeau Foundation Duration of support: 2018-2022

#### CANADIAN SUBSTANCE USE COSTS AND HARMS PROGRAM (CSUCH)

Investigators: Stockwell, T., Kent, P. (co-Pls), Sherk, A., Biggar, E., Dorocicz, J., Zhao, J., Churchill, S., Giwa, A., Malam, R., McGreer, N., Payer, D., & Ziv, A. Funding body: Health Canada and Canadian Centre on Substance Use and Addiction (CCSA) Duration of support: 2016-2023

#### CANNABIS LEGALIZATION AND THERAPEUTIC USE: DOCUMENTING THE EXPERIENCES OF PEOPLE WHO ARE NOT SERVED BY THE RECREATIONAL MARKET

Investigators: Gagnon, M., Guta, A (co-PIs) Strike, C., Elliott, R., Ware, M., Chow, N., Straton, T., & Nickerson, J. Funding body: CIHR Duration of support: 2018-2022

#### DEVELOPMENT OF A WEB APP FOR THE COMMUNICATION OF ALCOHOL HEALTH RISKS

Investigators: Naimi, T. (PI), Sherk, A., Stockwell, T., Johal, P., Cowan, A., & Vallance, K. Funding body: Health Canada's Substance Use and Addiction Program Duration of support: 2022-2027

# DRUG CHECKING: ENHANCING SCALABILITY TO EFFECT SYSTEMS CHANGE

Investigators: Wallace, B., Hore, D. (co-PAs) Cartwright, J., Davison, C., Jensen, K., Pauly, B., Stanwick, R., Tupper, K., & Willson, R. Funding body: Vancouver Foundation Duration of support: 2021-2024

#### DRUG USER KNOWLEDGE & DRUG CHECKING EVIDENCE: KNOWLEDGE SYNTHESIS ACTIONS TO REDUCE OVERDOSE IN ISLAND HEALTH

Investigators: Wallace, B., Russell, G. (co-Pls) Gill, C., Hore, D., Tupper, K. (co-ls) Burek, P., Hutchison, A., & Strosher, H. Funding body: Island Health Authority's Catalyst grants. Duration of support: 2022-2023

#### ESTABLISHING A NATIONAL COMMUNITY OF PRACTICE: MOBILIZING KNOWLEDGE AMONG POLICY STAKEHOLDERS TO ADDRESS ALCOHOL-RELATED HARMS IN CANADA

Investigator: Naimi, T. (PI) Funding body: Social Sciences and Humanities Research Council (Connections Grant) Duration of support: 2021-2022

#### ESTIMATES OF ALCOHOL-ATTRIBUTABLE DEATHS AND YEARS OF POTENTIAL LIFE LOST IN THE UNITED STATES AND ANALYTIC METHODS

Investigators: Naimi, T. (PI) & Sherk, A. Funding body: Centers for Disease Control and Prevention (USA) Duration of support: 2021-2024

#### EVALUATING CANNABIS SUBSTITUTION ON THE HEALTH AND WELL-BEING OF PARTICIPANTS IN MANAGED ALCOHOL PROGRAMS

Investigators: Pauly, B. (PI), Goulet-Stock, S., & Stockwell, T. (co-Is) Funding body: Health Canada (Substance Use and Addictions Program) Duration of support: 2022-2024

#### AN EVALUATION OF ALTERNATIVE METHODS OF PRESENTING HEALTH RISKS OF ALCOHOL TO YOUNG ADULTS

Investigators: Stockwell, T., Priore, B.. Goulet-Stock, S., & Naimi, T. Funding body: CISUR Duration of support: 2021-23

#### FENTANYL DETECTION IN STIMULANTS: A PILOT IN THREE MEXICAN CITIES

**Investigators: Arredondo, J.** (PI), Garcia, A., Garcia, L., Gonzalez, P., Chaves, A., & Zwitser, G.

**Funding body:** Centro de Investigación y Docencia Económicas (CIDE) Programa de Política de Drogas (PPD)

# GIRLS EXPERIENCING MULTIPLE CHALLENGES

Investigators: Benoit, C. (PI), Mellor, A., & Premji, Z. (co-ls)

**Funding body:** Representative Council for Children and Youth (RCY)

Duration of support: 2021-2022

#### HEALTHY MINDS | HEALTHY CAMPUSES

#### Investigator: Reist, D.

**Funding body:** BC Mental Health and Substance Use Services, a program of the Provincial Health Services Authority

Duration of support: ongoing

#### HERE TO HELP (INFORMATION PRODUCTS)

#### Investigator: Norman, T.

**Funding body:** BC Mental Health and Substance Use Services, a program of the Provincial Health Services Authority

Duration of support: ongoing

# HOMELESS RESEARCH KNOWLEDGE EXCHANGE

Investigators: Pauly, B. (PI) Wallace, B., Curran, D., Sweetman, S., & Daly, K. (co-ls) Funding body: University of Victoria Strategic Framework Impact Fund Duration of support: 2021-2023

#### IMPACT OF ALCOHOL LABELLING ON HEALTH OUTCOMES IN CANADA

Investigators: Sherk, A., (PA) & Stockwell, T. (PI), Funding body: Health Canada Duration of support: 2022-2023

#### IMPACT OF MARIJUANA POLICIES ON ALCOHOL USE AND ALCOHOL-RELATED MORTALITY

Investigator: Naimi, T. (PI) Funding body: National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health (USA) Duration of support: 2018-2024



A packed house for harm reduction pioneer and community activist Ann Livingston's guest lecture in June 2023. CISUR hosted Ann when she received an honourary doctorate laws from UVic.

#### IMPLEMENTING INNOVATIONS IN DRUG CHECKING: A HARM REDUCTION PILOT IN RESPONSE TO ILLICIT DRUG OVERDOSE

Investigators: Hore, D. & Wallace, B. Funding body: Health Canada's Substance Use and Addictions Program Duration of support: 2018-2023

#### INTEGRATING A LOW-BARRIER DRUG CHECKING PLATFORM INTO PUBLIC HEALTH RESPONSES TO OVERDOSE

Investigators: Hore, D. (PI), Wallace, B., Storey, M.A. (co-PIs), Barnes, R., Cameron, F., Jensen K., Jones, R., Russell, G., Thompson, T. (Collaborators), Stanwick, R. (Principal Knowledge User), & Davison, C. (Knowledge User).

**Funding body:** CIHR/NSERC's Collaborative Health Research Projects

Duration of support: 2020-2023

#### MINIMUM PRICING SCENARIOS FOR BC

Investigators: Naimi, T. (PI), Stockwell, T., Churchill, S., & Sherk, A. Funding body: BC Liquor and Cannabis Regulation Branch (LCRB) Duration of support: 2022

#### A MIXED METHODS EVALUATION OF SAFER SUPPLY INITIATIVES TO REDUCE ILLICIT DRUG OVERDOSE IN BC

Investigators: Urbanoski, K., Pauly, B., Nosyk, B., Slaunwhite, A.K., Barker, B. (NPAs), Arredondo, J., Burmeister, C., Giesinger, W., Kolla, G., Nicholls, T., Reddon, H., Tupper, K., Beck McGreevy, P., Buxton, J., Greer, A., Lock, K., Norton, A., Sutherland, C., Wallace, B., Brar, R., Davison, C., Hobbs, H., Meilleur, L., Palis, H., Thomson, E., & Wieman, C. (co-PAs) Funding body: CIHR Project Grant Duration of support: 2022-2026



 MODELLING THE RELATIONSHIP BETWEEN TAX AND PRICE POLICIES AND IMPACTS ON ALCOHOL CONSUMPTION AND HARMS IN DIFFERENT SOCIO-ECONOMIC GROUPS IN CANADA

Investigators: Stockwell, T., Sherk, A., Naimi, T., & Churchill, S. Funding body: Public Health Agency of Canada

Duration of support: 2022-2023

 MONITORING AND INFORMING PUBLIC HEALTH RESPONSES TO SUBSTANCE USE (BC COMMUNITY NETWORK OF SUBSTANCE USE OBSERVATORIES) AKA BC CO/LAB

Investigators: Pauly, B. (Pl), Urbanoski, K., Stockwell, T., Reist, D., Wallace, B., Shahram, S., Lachowsky, N., Sherk, A., & Buxton, J. Funding bodies: Health Canada Duration of support: 2019-2024

 NORTH-SOUTH LESSONS IN SUBSTANCE USE: EXPANDING BEST PRACTICES IN HARM REDUCTION BEYOND CANADA (CANADA RESEARCH CHAIR IN SUBSTANCE USE AND HEALTH POLICY)

Investigator: Arredondo, J. (PI) Funding body: Canadian Institutes of Health Research (CIHR) Duration of support: 2021-2026

#### P2P: PEER 2 PEER SUPPORT

Investigators: Buxton, J. & Pauly, B. (co-Pls) Funding body: Health Canada Substance Use and Addictions Program Duration of support: 2018- 2023  THE POTENTIAL IMPACT OF ALCOHOL MINIMUM UNIT PRICING AND ALCOHOLIC BEVERAGE LABELLING AS A CANCER PREVENTION INTERVENTION IN CANADA, BY SOCIOECONOMIC STATUS, AT THE NATIONAL, PROVINCIAL AND TERRITORIAL LEVELS

Investigators: Stockwell, T. (PI), Cukier, S., de Groh, M., Haligan, M., Hobin, E., McEachran, J., Naimi, T., Sherk, A., Shield, K., & Thomas, G. Funding body: CIHR Catalyst Grant Duration of support: 2022-2024

 REDUCING ALCOHOL-RELATED HARM FOR PEOPLE EXPERIENCING HOMELESSNESS AND HOUSING INSTABILITY DURING COVID19: A VANCOUVER ISLAND CASE STUDY

Investigators: Pauly, B. (PI) & Robinson, J. (co-I) Funding body: Victoria Hospitals Foundation Duration of support: 2021-2023

 REALIZING THE RIGHT TO HOUSING: THE HOUSING JUSTICE PROJECT

Investigators: Pauly, B. (NPI), Gibson, D., Chaland, N., Swain, S., Cujeko, M., & Sweetnam, S. Funding body: Vancouver Foundation Participatory Action Research Grant Duration of support: 2022-2025

#### THE ROLE OF CHILD PROTECTION IN SUBSTANCE USE SERVICES FOR WOMEN

Investigators: Urbanoski, K. (PA), Milligan, K. (co-A), Cummings, K., Goodman, D., Gordon, S., Patricelli, S., & Cheung, C. Funding body: SSHRC, Insight Grant Duration of support: 2019-2023



CISUR hosted Dr. Hannah Carver of the University of Stirling in May 2023.

#### THE SAFER WASHROOM CAMPAIGN: DISSEMINATING BEST PRACTICES IN THE PUBLIC AND PRIVATE SECTORS

Investigators: Gagnon, M. (PI), Riley, S. (co-lead), Sedgemore, K., Goodyear, T. Funding body: Michael Smith Foundation for Health Research, Reach Award Duration of support: 2021-2022

#### SCALE-UP FOR DISTRIBUTED DRUG CHECKING SITES

Investigators: Wallace, B. & Hore, D. (co-Pls) Funding body: Social Planning Council of BC's (SPARC-BC) Homelessness Community Action Grants

**Duration of support: 2022** 

#### A SCOPING REVIEW AND DEVELOPING A CONTINUUM OF SAFER SUPPLY MODELS

Investigators: Pauly, B. (PI) in collaboration with BC Public Health Officer Funding body: BC Ministry of Health Duration of support: 2022-2023

#### SPECTROSCOPY FOR THE MASSES: TRAINING THE COMMUNITY TO OPERATE DRUG-CHECKING TECHNOLOGIES AS A RESPONSE TO THE OVERDOSE CRISIS

Investigators: Hore, D., Wallace, B., (co-PI), Aasen, J., Cartwright, J., Davison, C., Jensen, K., Phillips, P., Price, M., & Stanwick, R. (Collaborators) Funding body: Tri-Agency Institutional Programs Secretariat's New Frontiers in Research Fund – Exploration

Duration of support: 2020-2022

# STRENGTHENING THE FOUNDATION OF THE HOME: DEVELOPING STAFF WELLNESS STRATEGIES IN INDIGENOUS ALCOHOL HARM REDUCTION SERVICES

Investigators: Pauly, B. (PI), Stockwell, T., Hunt-Jinnouchi, F., & Dueck, M. Funding body: University of Victoria Collaborative Health Research Grant Duration of support: 2021-2023

#### STRENGTHENING SAFETY NETS TO IMPROVE ACCESS TO SUBSTANCE USE AND MENTAL HEALTH SERVICES TO OPTIMIZE YOUTH-DETERMINED HEALTH AND WELLNESS

Investigators: Benoit, C. (NPA), Cloutier, D., Surrounded by Cedar Child and Family Services (SCCFS), Victoria Youth Clinic Society (VYCS) (co-ls), Mellor, A. (Trainee/Post-doctoral fellow), BC Representative for Children and Youth (RCY), (co-Knowledge Users), Premji, Z., Naimi, T. (Collabs.), & Koenig, B (Research Assistant) Funding body: Michael Smith Health Research BC - Convene and Collaborate, SSHRC Partnership

BC - Convene and Collaborate, SSHRC Partnersh Engagement Grant Banting Postdoctoral Fellowship, CIHR

Duration of support: 2023-2025

 UPDATING AND REVISING CANADIAN ALCOHOL POLICY EVALUATION (CAPE)
 3.0 SCORING RUBRIC AND ASSESSING THE FEASIBILITY OF APPLYING IN CANADA THE ALCOHOL ENVIRONMENT PROTOCOL (AEP) FOR THE INTERNATIONAL ALCOHOL CONTROL (IAC) STUDY

Investigators: Naimi, T. (PI), Vallance, K., Priore, B., Vishnevsky, N., & Wettlaufer, A. Funding body: Public Health Agency of Canada Duration of support: 2022-2023

#### UPDATING, OPTIMIZING AND EXPANDING THE CANADIAN ALCOHOL POLICY EVALUATION (CAPE) PROJECT

Investigators: Naimi, T., Giesbrecht, N., Stockwell, T., (co-Pls), Asbridge, M., Callaghan, R., Gagnon, M., Mann, R., Shelley, J., Sherk, A., Shield, K., Solomon, R., & Thompson, K. (co-Is) Funding body: Health Canada (Substance Use and Addictions Program) Duration of support: 2022-2023

#### AN UPDATED RAPID REVIEW ON THE POTENTIAL EFFECTIVENESS OF ALCOHOL WARNING LABELS

Investigators: Stockwell, T. (PI), Goulet-Stock, S., (co-I), O'Brien, P. (co-I), Hobin, E. (co-I), Hammond, D., Paradis, C., Greenfield, T., Zuckermann, A., & Vallance, K.

**Funding body:** Canadian Institute for Substance Use Research

Duration of support: 2021-2023

#### AN UPDATED SYSTEMATIC REVIEW AND META-ANALYSIS OF ALCOHOL USE AND ALL-CAUSE MORTALITY

Investigators: Stockwell, T. (PI), Zhao, J. (co-I) and Naimi, T. (co-I) Funding body: Canadian Centre on Substance Use and Addiction

Duration of support: 2021-2022

# VISIONS: BC'S MENTAL HEALTH AND SUBSTANCE USE JOURNAL

#### Investigator: Norman, T.

**Funding body:** BC Mental Health and Substance Use Services, a program of the Provincial Health Services Authority

Duration of support: ongoing

# **B. CISUR AFFILIATED PROJECTS**

#### WHAT HAPPENS AFTER CANNABIS LEGALIZATION? DOCUMENTING THE EXPERIENCES OF PEOPLE WHO USE CANNABIS FOR THERAPEUTIC PURPOSES

Investigators: Gagnon, M., Guta, A. (co-Pls), Nickerson, J.W., Strike, C.J., Walsh, Z., McNeil, R., Chow, N., Richard, E., & Stratton, T. Funding body: CIHR

#### YOUTH-LED DEVELOPMENT OF LOWER-RISK CANNABIS USE GUIDELINES FOR INDIVIDUALS AGED 13 TO 18: A PATHWAY TO BETTER MENTAL HEALTH AND WELLNESS

Investigators: Benoit, C. (NPA), Card, K., Jansson, M., Korol, K., Koenig, B., Lee, J., & Thompson, B. (co-Pls)

**Funding body:** CIHR Catalyst Grant: Cannabis and Mental Health

Duration of support: 2021-2022

#### A PROPOSAL TO EVALUATE SAFER SUPPLY PROGRAMS IN CANADA

Investigators: Werb, D. (NPA), Boyd, J., Brunelle, C., Hyshka, E., Kennedy, M.C., Bertrand, K., Kolla, G., Bowles, J., Strike, C., Guta, A., **Pauly, B., Urbanoski,** K. (Collaborators), Herder, M., Gomes, T., Touesnard, N., & Bonn, M.

Funding body: CIHR Duration of support: 2021-2025

 ADDRESSING THE HARMS OF COVID-19 ON THE HEALTH OF THE CANADIAN HEALTH WORKFORCE: EVALUATION OF AN EVIDENCE-INFORMED, MULTI-LEVEL INTERVENTION STRATEGY

Investigators: Bourgeault, I. (NPA), Benoit, C., Atanackovic, J., Corrente, M., & McMillan, M. (co-PIs) Funding body: CIHR Operating Grant: Addressing the Wider Health Impacts of COVID-19. Duration of support: 2022-2024

# ASSESSING THE IMPACT OF MINIMUM UNIT PRICING ON HOMELESS AND STREET DRINKERS: A QUALITATIVE STUDY

**Investigators:** Elliott, L., Emslie, C. (co-Pls), Whiteford, M. (lead researcher), **Stockwell, T.**, Dimova, E., Johnsen, S., Whittaker, A., Smith, I., Rush, R, & Homeless Network Scotland.

Funding body: Scottish Government's Chief Scientist Office (CSO)

Duration of support: 2019-2023

#### CAREGIVING FOR VULNERABLE AND MARGINALIZED OLDER ADULTS AT THE END OF LIFE

Investigators: Stajduhar, K. (PI), Black, F.M., Chou, F., Colgan, S., Dosani, N., **Gagnon, M.**, Gerke, J.B., Jakubec, S.L., McNeil, R., Sawatzky, R., & Thorne, S.E. Funding body: CIHR Operating Grant Duration of support: 2020-2024

 DEVELOPING SOCIAL CONNECTION GUIDELINES TO HELP CANADIANS BUILD HAPPIER, HEALTHIER, AND MORE INCLUSIVE COMMUNITIES IN THE LATE PANDEMIC PERIOD

Investigators: Benoit, C., Card, K., Chen, F., & Nicholson, V. (PAs) Funding body: CIHR Project Grant Duration of support: 2022-2027

 EMERGENCY SAFER SUPPLY PROGRAMS (ESSPS): BRIDGING THE HIV PREVENTION, TREATMENT, AND CARE CASCADE FOR PEOPLE WHO INJECT DRUGS

Investigators: Strike, C., Guta, A. (PIs), Antoniou, T., Bayoumi, A., **Gagnon, M.**, Kenny, K., Kolla, G., & Leece, P. (co-Is)

Funding body: Ontario HIV Treatment Network Duration of support: 2020-2022

 ESTIMATING THE VALUE AND LONG-TERM IMPACT OF IMPLEMENTING RISK
 MITIGATION GUIDANCE TO REDUCE THE HARMS OF SUBSTANCE USE DISORDERS
 DURING THE COVID-19 PANDEMIC: A
 SIMULATION MODELING ANALYSIS

Investigators: Irvine, M.A., Krebs, E. Nosyk, B., Slaunwhite, A.K. (co-Pls), Coombs, D., Lock, K., Otterstatter, M.C., Palis, H., Pauly, B., & Urbanoski, K.

Funding body: CIHR Project Grant Duration of support: 2021-2023

 EVALUATING PRESCRIBED SAFER SUPPLY AMONG FORMERLY INCARCERATED PERSONS DURING AN OVERDOSE PUBLIC HEALTH EMERGENCY

Investigators: Slaunwhite, A., Palis, H. (Leads), Korchinski, M., Brown, H., Young, S., **Pauly, B.**, Urbanoski, K., Greer, A., Lock, K., & Nicholls, T. Funding body: Health Canada Substance Use and Addictions Program Duration of support: 2022-2023

 EXAMINING LEGAL, REGULATORY AND POLICY CONSIDERATIONS IN CANADA'S SAFER SUPPLY MOVEMENT: DEVELOPING AN INTERDISCIPLINARY RESEARCH AGENDA TO INFORM ADAPTATION AND SUSTAINABILITY

Investigators: Gruben, V. (PA), Gupta, A., Strike, C., Gagnon, M. (co-As), & HIV Legal Network Funding body: SSHRC Partnership Engage Grant Duration of support: 2022-2023 EXAMINING SAFER OPIOID SUPPLY INITIATIVES: BRINGING TOGETHER RESEARCHERS, PROVIDERS, AND COMMUNITY TO DISCUSS SCALABILITY, ADAPTATION, AND SUSTAINABILITY

Investigators: Guta, A., Strike, C. (PIs), Bardwell, G., Schmidt, R., Urbanoski, K., Chu, G., Kaminski, N., King, K., Kolla, G., O'Shea, T., Werb, D., & Pauly, B. (co-Is)

Funding body: CIHR Meeting and Planning Dissemination Grant Duration of support: 2022-2023

#### GIVING VOICE TO WOMEN AND GENDER DIVERSE PEOPLE IN RESEARCH

Investigators: Urbanoski, K. & Milligan, K. Funding body: CIHR, Strategy for Patient Oriented Research Catalyst Grant Duration of support: 2020 –2022

#### THE IMPACT OF ALCOHOL LABELLING ON BEHAVIOUR, KNOWLEDGE, AND SUPPORT: A SYSTEMATIC REVIEW

Investigators: Zuckermann, A., Morissette, K., Boland, L., Garcia, A., Domingo, F., **Stockwell, T.**, & Hobin, E.

Funding body: Public Health Agency of Canada Duration of support: 2021-2023

 IMPLEMENTATION AND EVALUATION OF AN INDIGENOUS-SPECIFIC MANAGED ALCOHOL PROGRAM FOR THE HOMELESS INDIGENOUS POPULATION IN CALGARY, ALBERTA AND VICTORIA

**Investigators:** Milaney, K. (Nominated PI), Nixon, L., **Pauly, B.** (co-ls), in collaboration with Calgary Aboriginal Standing Committee on Homelessness and Aboriginal Coalition to End Homelessness (Victoria, BC).

Funding body: CIHR Operating Grant Duration of support: 2020-2023

#### INJECTABLE OPIOID AGONIST THERAPY ADMINISTRATION IN A PREGNANT OR PERINATAL POPULATION

Investigators: Patricelli, C. (PI), Urbanoski, K., Albert, A., & Carter, N. Funding body: Women's Health Research Institute, Catalyst Grant Duration of support: 2021-2022

#### A MANAGED ALCOHOL PROGRAM FOR AUSTRALIA

**Investigators:** Ezard, N., **Stockwell, T.**, Haber, P., Baldry, E., Day, C., Dobbins, T., Peacock, A., **Pauly, B.**, Lintzeris, N., & Dolan, K.

**Funding body:** Australian Government National Health and Research Council Partnership Project **Duration of support:** 2019-2024

#### MARGINALIZATION & COVID-19 (MARCO): PROMOTING OPPORTUNITIES FOR LEARNING & OUTREACH

Investigators: Bayoumi, A. (NPA), Boucher, L., Dodd, Z., Durbin, A., Firestone, M., Hayman, K., Issacs, B., Kolla, G., Matheson, F., Steer, L., Yakubovich, A., Young, S. (PAs), Beder, M., Brothers, T., Dobrow, M., Du Mont, J., Holness, L., Huijbregts, M., Hwang, S., Hynie, M., Kendall, C., Kenny, K., Long, C., Maguire, J., Nisenbaum, R., Shankardass, K., Strike, C., & Walker, D. (co-As)

**Funding body:** CIHR Operating Grant: Emerging COVID-19 Research Gaps & Priorities

#### Duration of support: 2022-2023

#### ONTARIO'S OPIOID DRUG OBSERVATORY: GENERATING EVIDENCE ON THE EVOLVING OPIOID CRISIS TO INFORM AND EVALUATE DRUG POLICY AND CLINICAL PRACTICE

**Investigators:** Gomes, T. (PI), Antoniou, T., Bayoumi, A., Caudarella, A., Clarke, H., Juurlink, D., Kolla, G., Leece, P., Mamdani, M., Paterson, M., Sproule, B., & Tadrous, M. (co-ls)

Funding body: CIHR Project Grant Duration of support: 2021-2024

# A PROPOSAL TO EVALUATE SAFER SUPPLY PILOT PROGRAMS IN CANADA

Investigators : Werb, D. (NPA), Boyd, J., Brunelle, C., Hyshka. E. (PAs), Bertrand, K., Bonn, M., Bowles, J., Kennedy, M.C., Kolla, G., Touesnard, N., Strike, C., Guta, A., **Pauly, B., Urbanoski, K.**, Herder, M., Gomes, T.

**Funding body:** CIHR Operating Grant: Evaluation of Harm Reduction Approaches to Address the Opioid Crisis in the Context of COVID-19 **Duration of support:** 2021-2025

#### SMALL URBAN, RURAL AND REMOTE (SURR) HARM REDUCTION: RESEARCH DEVELOPMENT FOR INNOVATORS ON THE FRONTLINES

Investigators: Duddy, J., Dowden, C. (PI's, Pacific AIDS Network), Bardwell, G., Burmeister, C., Driscoll, J., Hayden, S., Hughes, R., Jensen, K., Jones, J., MacDonald, M., McDougall, J., Mix, N., Paterson, J., Sanford, R., & Pauly, B. (co-ls) Funding body: CIHR Meeting Planning and Dissemination Grant

Duration of support: 2022-2023

# SUBSTANCE EXCHANGE: DRUG CHECKING SERVICES PILOT EXCHANGE PROGRAM

Investigators: Bichler, L. (NPA), Airth, L. (co-A), Burek, P., Hore, D., & Wallace, B. Funding body: UBC Health After 2020 Duration of support: 2023 CISUR faculty, staff, and students enjoy a walk to the beach as part of Joyful January celebrations.

## SHOULD WE RETHINK HOW WE DRINK? CANADA'S NEW DRINKING GUIDANCE VS. THE UK'S

By Adam Sherk

In January, Canada released new drinking advice called Canada's Guidance on Alcohol and Health. As a member of the scientific committee tasked with authoring this new guidance, a few things struck me as the panel worked through the process of collecting and analyzing the most recent research concerning alcohol use and our health.

#### Why alcohol guidelines trend downwards over time: Improvements in evidence

For one, our work found that alcohol use is more harmful for our health than was previously thought. Alcohol advice hadn't been updated in Canada for more than ten years and the biggest changes during that time were about the quality of the evidence available. Over time, scientific studies have gotten better and better at measuring the true impact of alcohol use on our health, while controlling for other related behaviours and factors: in a nutshell, getting at causation as opposed to correlation. More recent summaries of this health evidence, like the UK's guidelines that were published in 2016, have all shown the same thing: alcohol is more harmful than was previously thought. Due to this, suggested drinking limits in every country have tended to be revised downwards over time.

Another takeaway was that the moststraightforward advice regarding alcohol use is that no matter how much we drink the main message is the same: "Drinking less is better for health." Health risk from alcohol use starts with one drink and goes up from there. Of course, the risk associated with a single drink is very small, but still this advice is universal. The rest of the guidance is then about providing information about how quickly the risk increases in a way that helps us all make choices about whether, or how much, to drink.

#### Similarities and differences between alcohol advice in Canada and the UK

For these first two points, it doesn't matter what country we're in. But this is Canada's guidance after all, so to understand more of the advice we have to learn about some differences between the UK and Canada in terms of the language we use to describe our alcohol use. First, the way our two countries communicate measures of pure alcohol is different. In the UK, alcohol units are used and are equal to 8 grams of pure alcohol. In Canada, we use standard drinks, which are 13.5 grams of pure alcohol. So a Canadian drink is 70% larger than a UK unit and this is important when discussing the new guidance for those in the UK.

Now some easy homework for you as readers! Please open the public summary of the new Canadian advice. Focus on the main graphic about alcohol consumption per week. Notice the four risk zones presented – the new guidance describes a continuum of risk, instead of binary guidelines that we are either above or below. This has the advantage of allowing us to place ourselves along this continuum of risk and encourages us to think about whether reducing our use is necessary and what might be a reasonable and achievable reduction given our personal situation.

Starting with this graphic, let's translate Canada's advice to UK alcohol units. Canada's no risk zone is clear – to avoid any risk from alcohol use, we would avoid using alcohol. Surprisingly, UK guidelines don't mention this way to avoid risk and improve health. Canada's low risk zone is up to 2 Canadian standard drinks per week (about 3.5 UK units), the moderate risk zone is up to 6 drinks

per week (about 11 UK units) and the higher risk zone is above 7 drinks per week (above 12 UK units).

The conversions between Canadian drinks and UK units are shown in the table above. When we present it this way, we see there isn't such a big difference between Canada's guidance and the UK's guidelines, but two points stand out (see the red circles in the table). First, Canada describes a no risk zone that relates to not using alcohol; this could be important as about 20% of adults and about 40% of people in Canada and the UK don't drink at all in a given year. We might ask why health guidelines would be created for only about half the people in a country?

Next, the zone which Canada's guidance labels "moderate risk" is included in the UK "low risk" zone. The labels used for these risk zones are subjective, but in Canada's guidance everyone can look at the figure in the public summary to choose a level of risk they feel is appropriate. Indeed, the reason Canada presented more than one zone was that the committee didn't want to choose what a level of "acceptable risk" was and so presented more information about alcohol and health rather than less.

Health advice is often given that describes a level of exposure that would result in an increased risk of dying prematurely of about 1 in 1,000. From the table, we see that this corresponds to the zone going up to  $3\frac{1}{2}$  UK alcohol units per week. But alcohol has sometimes been given special standing and permitted to convey a risk ten times higher – an increased risk of 1 in 100 – and this would correspond to up to 11 UK units per week.

This was the biggest difference used to communicate the guidance in Canada, as compared to other countries such as the UK and Australia. In Canada, the health risk of alcohol was placed on a level playing field with other behaviours and exposures, the committee didn't feel that a study intended to promote public health should describe a drinking zone that conveyed a risk of premature death of up to 1 in 100 as "low risk." By providing a continuum of risk, we hope that people are better able to place themselves along this continuum and consider reducing their risk if they feel it's appropriate.

Beyond advice to individuals, the Canadian guidance also provides suggestions to governments and regulators designed to support Canadians in adopting this new advice, if they choose. The final report suggested that government should consider mandating labelling requirements on alcoholic beverages that would include the number of standard drinks in a container. Clearly, it's difficult for all of us to follow advice given in standard drinks if we don't know how many standard drinks are in our beverages.

Regardless of which country's guidelines you're reading, there are consistent takeaways. Drinking alcohol is more harmful for health than was previously thought and so it may be time to rethink the way we drink. All types of alcohol – beer, wine, hard spirits/liquor – convey the same amount of risk based on how much pure alcohol they contain, so learn what a standard drink (or alcohol unit) is and, if you drink, count your drinks. Canada's new advice provides risk information based on how much alcohol we use in a week. Have a look at the new Canada's Guidance on Alcohol and Health if you're interested in learning more.

originally appeared in the Institute for Alcohol Studies blog

/	of alcohol eek in	What the guidance labels this level of risk in		
Canadian standard drinks	UK units*	Risk of alcohol causing your death**	Canada	UKV
0	0	0	No risk	Low risk
1 to 2	1 to 3½	Up to 1 in 1,000	Low risk	Low risk
3 to 6	4 to 11	Up to 1 in 100	Moderate risk	Low risk
7 or more	12 or more	Greater than 1 in 100	Higher risk	Not low risk^

#### Canada's Guidance on Alcohol and Health, in Canadian standard drinks and converted to UK units <u>per week</u>, with level of risk and labels

\*these do not line up exactly to Canadian drinks, but are quite close. A Canadian standard drink is 13.5 grams of pure alcohol, while a UK alcohol unit is 8 grams of pure alcohol.

\*\* potential years of life lost equivalent.

"term not described in the UK guidelines. Starts at 14 units/week, which is a bit different than 12.

#### KEY RESULTS AREA 4: Dissemination

To disseminate knowledge that increases understanding of substance use and addiction, raises awareness of related harms and identifies effective responses and contribute to constructive communication and cooperation between producers, intermediaries and users of various types of knowledge for the implementation of evidence-based policy and practice.



#### **Our objectives:**

- to conduct seminars, workshops, lectures and occasional conferences on related policy, practice and research; these can be geared to community-based organizations, governmental agencies and officials, members of the general public, or the scientific community;
- to ensure access to relevant knowledge while working in partnership with policymakers and practitioners in planning and implementing projects to address substance use in Canada and internationally;
- to develop and promote resources with the potential to make direct contributions to policies, programs or service delivery systems in Canada and internationally; and
- to provide broad access to balanced factual information on substance use and related harms and health promotion approaches through a variety of knowledge exchange strategies.



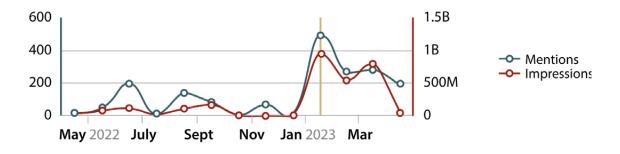
CISUR research on alcohol featured in the *New York Times*.

4

#### Media coverage

CISUR had 1,837 media mentions in 2022/23, with 2.9 billion impressions on those stories. This was a significant increase over last year. Much of this was due to CISUR researchers' involvement in the new Canadian Guidance on Alcohol and Health, which was released by the Canadian Centre on Substance Use and Addiction (CCSA) in January 2023 (yellow bar on the graph) and garnered international media attention.

#### CISUR overall media coverage, 2022/23



#### CISUR top ten media topics, 2022/23

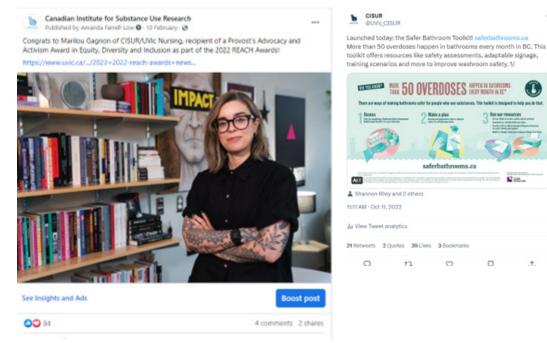
Rank	Торіс	# of Stories
1	Alcohol consumption	399
2	Drinking guidelines	395
3	Safer supply	285
4	Overdose crisis	279
5	Decriminalization	203
6	Treatment	177
7	Drug policy	149
8	Canadian Substance Use Costs and Harms Study (CSUCH)	123
9	Alcohol policy	104
10	Drug checking	90



CISUR's Tim Naimi appearing on CBC's The National to discuss the new Canadian Guidance on Alcohol and Health.

#### Social media

CISUR's social media presence has held steady, with 2,632 followers on Facebook and 3,144 followers on Twitter. Popular posts included Dr. Marilou Gagnon's REACH Award announcement and the launch of the Safer Bathroom Toolkit.



#### Website

Website traffic increased again this year, with 46,489 visitors and 101,234 pageviews. CISUR's homepage and the Safer Bathrooms Toolkit were the most visited pages on the website, with the Safer Bathrooms page garnering an impressive amount of traffic considering it was only launched in October 2022. Also, half of the most downloaded files on the CISUR website were part of the Safer Bathrooms Toolkit.

#### CISUR's top ten most visited webpages, 2022/23

Rank	Page Name	Pageviews
1	CISUR main page	10,993
2	Safer Bathrooms Toolkit	9,588
3	Sex Industry in Canada	8,053
4	Canadian Managed Alcohol Program Study	6,317
5	Alcohol Consumption in BC	5,166
6	Canadian Alcohol Policy Evaluation	4,861
7	iMinds	3,226
8	Publications	2,301
9	Tim Naimi profile	2,274
10	Projects	2,264

#### CISUR's top ten most downloaded files, 2022/23

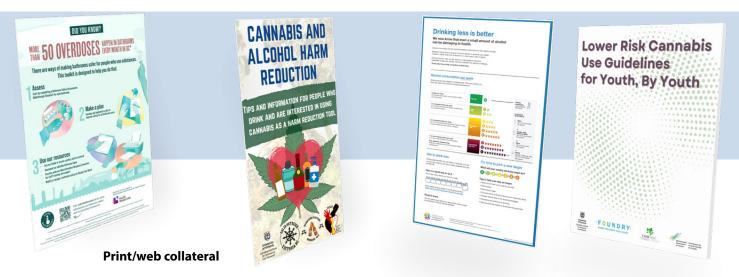
Rank	File Name	Downloads
1	Bathroom Safety Assessment Walkthrough Checklist*	990
2	Bathroom Sign 1: General Information*	752
3	Policy/protocol Guide*	638
4	Bathroom Design Fact Sheet*	629
5	Overview of MAPS in Canada	588
6	CISUR Bulletin 20: Scale up of MAPs	470
7	Operational Guidance for Implementation of Managed Alcohol for Vulnerable Populations	437
8	Helping Schools Drug Literacy Curriculum	413
9	Bathroom Sign 2: Nearest overdose prevention site*	386
10	Strategies to Reduce Alcohol-Related Harms and Costs in Canada: A Review of Provincial and Territorial Policies	352

\* Part of the Safer Bathrooms Toolkit

#### Other dissemination channels and materials

#### **Public Talks, Webinars and Communities of Practice**

Over the past year, 12 videos have been uploaded to the CISUR YouTube page, primarily presentations from CISUR's three active Communities of Practice (CoPs): The Canadian Managed Alcohol Program Study (CMAPS) CoP, the Canadian Alcohol Policy Evaluation (CAPE) CoP, and the Co/Lab CoP. This has reflected the fact that most public CISUR talks have occurred online as opposed to in person.



In addition to the peer-reviewed academic outputs outlined in Section 3 above, CISUR researchers also produced several reports, brochures and other documents related to their work. For example, the Knowledge Mobilization team updated several Here to Help factsheets and brochures, including major updates to *Mental health and a health promotion perspective: A brief introduction*. CISUR researchers were also involved with the latest update of the Canadian Substance Use Costs and Harms (CSUCH) study and the new Canadian Guidance on Alcohol and Health.

As noted above, the <u>Safer Bathrooms Toolkit</u> saw the publication of a suite of materials designed to help improve bathroom safety, including signage, checklists, scenario walk-throughs and posters. Lower Risk Cannabis Use Guidelines for Youth, by Youth were published in both a shorter CISUR <u>bulletin format</u> and a longer report.

A selected list of some of these other outputs is outlined below.

Selected commissioned reports

- Churchill, S., Naimi, T., Sherk, A., & Stockwell, T. (2022). *Alcohol minimum pricing in British Columbia: An analysis of alternative scenarios*. Prepared for the Liquor and Cannabis Regulation Branch (BC).
- Goulet-Stock, S., Brown, M., Pauly, B., & Stockwell, T. (2022). An evaluation of the Island Health managed alcohol program during the COVID-19 pandemic. Report prepared for Island Health Managed Alcohol Program.
- Churchill, S., Sherk, A., Grant, S., & Stockwell, T (2023). *Modeling the impact of potential federal alcohol policy changes on health by age, sex and SES*. Prepared for the Public Health Agency of Canada.
- Vallance K., Priore, B., Vishnevsky, N., & Naimi T. (2023). Assessing the coherence of BC's alcohol, cannabis and gambling policies: A public health perspective to inform ministry strategy. Report prepared for the BC Ministry of Health.

Selected special reports and bulletins

- Canadian Substance Use Costs and Harms Scientific Working Group. *Estimating canadian substance use costs and harms (2006-2020)*. Prepared by the Canadian Institute for Substance Use Research and the Canadian Centre on Substance Use and Addiction. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.
- Card, K.G., Koenig, B., Moebes, Z., Muratov, M., Jansson, M., Selfridge, M., Korol, K., Benoit, C., & the Victoria Youth Foundry Clinic's Youth and Cannabis Working Group, 2023. *Lower risk cannabis use guidelines for youth, by youth. Bulletin #21*. Canadian Institute for Substance Use Research, University of Victoria, Victoria, BC, CA.
- Paradis, C., Butt, P., Shield, K., Poole, N., Wells, S., Naimi, T., Sherk, A., & the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels. (2023). *Canada's guidance on alcohol and health: Final report*. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.

Selected informational resources and guides

- Canadian Managed Alcohol Program (CMAPS) (2022) with Eastside Illicit Drinkers for Education, SOLID Outreach and Drinker's Lounge. *Cannabis and alcohol harm reduction: Tips for people who drink and are interested as using cannabis as a harm reduction tool.*
- Canadian Managed Alcohol Program (CMAPS) (2022). Cannabis and alcohol harm reduction: Basic information for harm reduction workers and other service providers.
- Canadian Managed Alcohol Program Study and Aboriginal Coalition to End Homelessness (2022). Pathways to healing in the culturally supportive housing and Indigenous alcohol harm reduction program in Lekwungen territory.
- Canadian Managed Alcohol Program Study and Aboriginal Coalition to End Homelessness (2022). *Staff wellness in the culturally supportive house*.
- Gagnon, M., Gauthier, T., Cleveland, E., Ditmars, M., Gregg, K., Hlady, K., & McLaughlin, K. (2022). *Nurse-assisted injection: A path to equity in supervised consumption services.* Canadian Institute for Substance Use Research, Victoria, BC.
- Gagnon, M., Riley, S., Goodyear, T., & Sedgemore, K. (2022). The safer bathroom toolkit.
- HeretoHelp Resources
  - » Mental Health and a health promotion perspective: A brief introduction
  - » You and substance use: Things to think about and ways to make changes
  - » Learn about caffeine
  - » Learn about inhalants
  - » Learn about medications
  - » Learn about steroids
- Peer2Peer Project Research Brief (September, 2022): Core competencies of peer workers who use pulse oximeters to supplement their overdose response in British Columbia.







## **APPENDIX: RESEARCH ANALYTICS**

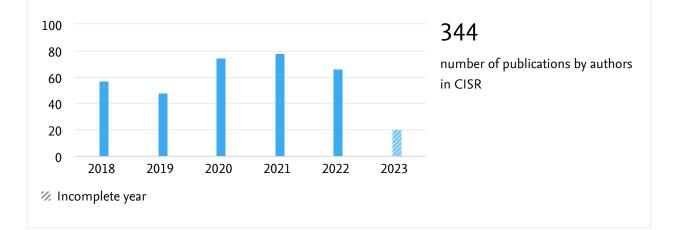
#### Overall research performance

Entity: CISR · Year range: 2018 to 2023 · Data source: Scopus, up to 21 Jun 2023



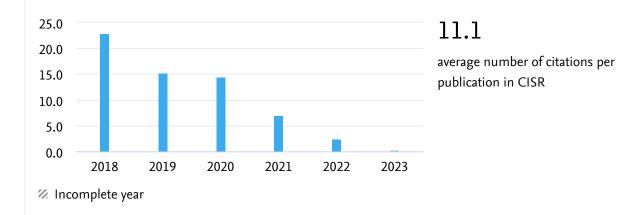
#### Scholarly Output

Entity: CISR  $\,\cdot\,$  Year range: 2018 to 2023  $\,\cdot\,$  Data source: Scopus, up to 21 Jun 2023



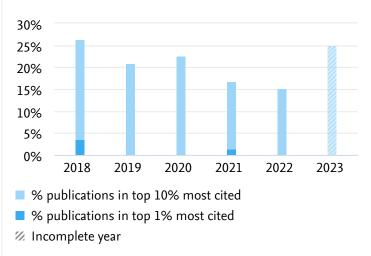


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#### Outputs in Top 10% Citation Percentiles (field-weighted)

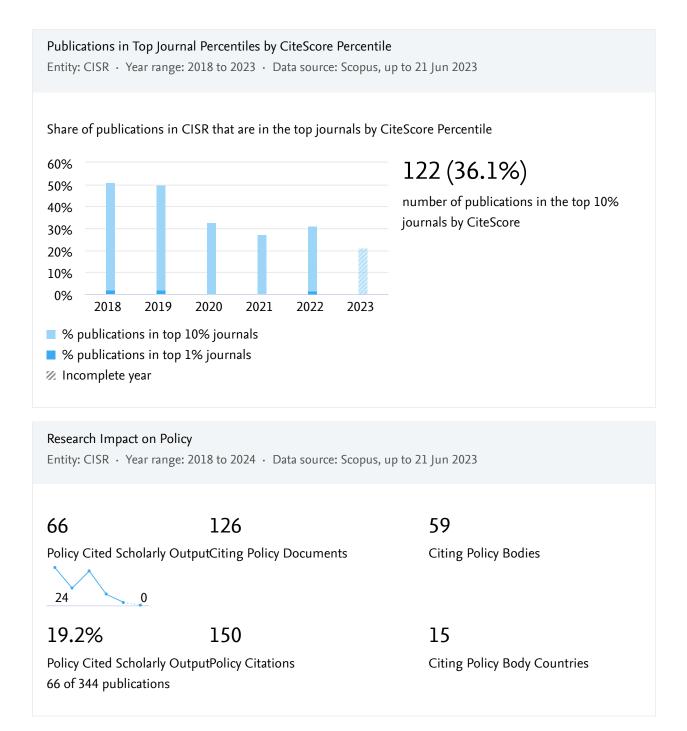
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# Share of publications in CISR that are among the most cited publications worldwide **field-weighted**

### 70 (20.3%)

number of publications in the top 10% most cited publications worldwide



#### Geographic Collaboration - Overall

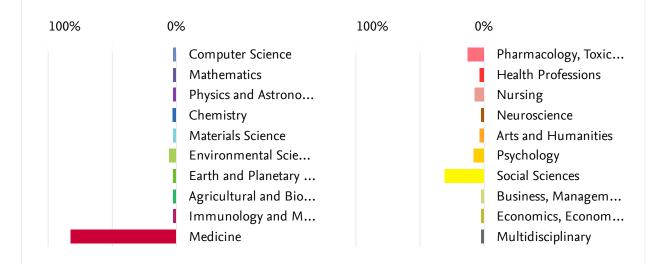
Entity: CISR · Year range: 2018 to 2023 · Data source: Scopus, up to 21 Jun 2023

Metric		Scholarly Output	Citations	Citations per Publication	Field- Weighted Citation Impact
<ul> <li>International collaboration</li> </ul>	32.8%	113	1,067	9.4	1.69
<ul> <li>Only national collaboration</li> </ul>	46.8%	161	1,911	11.9	1.38
<ul> <li>Only institutional collaboration</li> </ul>	18.0%	62	824	13.3	1.75
<ul> <li>Single authorship (no collaboration)</li> </ul>	2.3%	8	16	2.0	0.32

#### International, national and institutional collaboration by in CISR in the selected year range.

#### Publications by Subject Area (based on journal of publication)

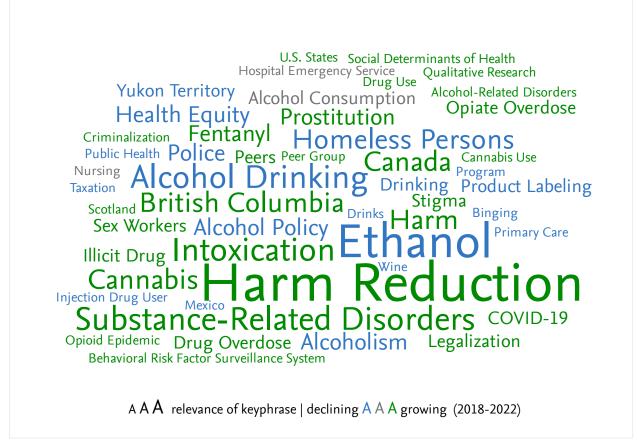
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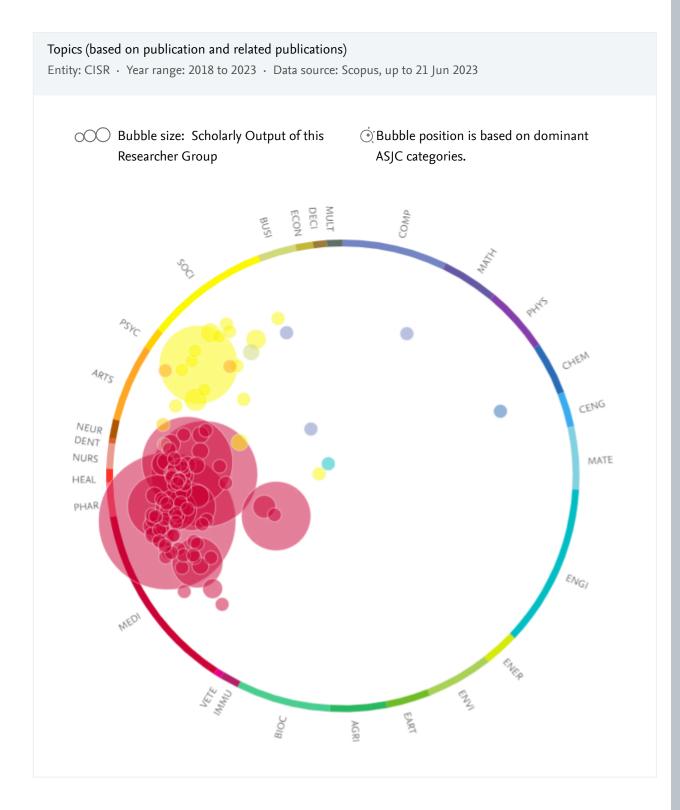


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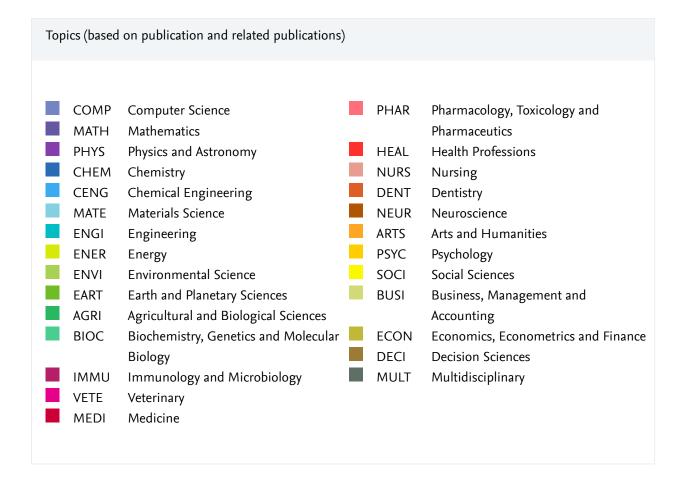
Keyphrase analysis

Entity: Publications in CISR | 2018 to 2023 · Year range: 2018 to 2023 · Data source: Scopus, up to 21 Jun 2023





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#### Topics

Entity: CISR · Year range: 2018 to 2023 · Data source: Scopus, up to 21 Jun 2023

	By this Grou	Worldwide	
Торіс	Scholarly Output	Field-Weighted Citation Impact	Prominence percentile
Injection Drug Use; Needle-Exchange Programs; Intravenous Substance Abuse T.261	41	1.53	97.835
Alcohol Policy; Unit Pricing; Alcohol Drinking T.8136	31	1.99	93.719
Homelessness; Assisted Living Facilities; Mental Disease T.736	26	1.78	98.545
Prostitution; Sex Workers; Sexual T.4650	22	2.33	94.154
U-47700; N-(1-Phenethylpiperidin-4-Yl)-N- Phenylacetamide; Intoxication T.25953	19	1.73	96.588
Medical Cannabis; Young Adult; Legalization T.2466	17	1.16	99.267
Alcohol Consumption; Red Wines; Alcohol Drinking T.1387	13	1.36	94.559
Tobacco Industry; Alcohol Drinking; Alcohol Policy T.31269	12	2.25	88.972
Alcohol Consumption; Vodka; Ethanol T.12700	10	1.39	90.262
Morphinomimetic Agent; Overdose; Narcotic Analgesic Agent T.5573	5	1.16	97.834

Overall h-ir ⁄ear range:	ndex 2018 to 2023 • Data source: Scopus, up to 21 Jun 2023	
Entity	$\uparrow$	2018 to 2023
🏀 CISR		89
Metric 1:	<b>h-indices 💐 (h-index)</b> h-index is based on a Researcher's total publication output since 1996. Types of publications included: all. Self-citations included: yes.	
Metric 2:	Publication Year	

#### Researchers

Entity: CISR · Year range: 2018 to 2023 · Data source: Scopus, up to 21 Jun 2023

Name		Scholarly Output	Most recent publication	Citations	<i>h</i> -index
1.	Pauly, Bernie (bernie)	86	2023	1,018	30
2.	Stockwell, Tim	68	2023	967	48
3.	Naimi, Timothy S.	56	2023	818	49
4.	Wallace, Bruce B.	42	2023	661	16
5.	Gagnon, Marilou	35	2023	226	16
6.	Benoit, Cecilia Myra	35	2023	378	29
7.	Sherk, Adam	33	2023	450	11
8.	Urbanoski, Karen A.	31	2023	241	24
9.	Arredondo, Jaime	23	2023	231	16
10.	Callaghan, Russell Clarence	20	2023	148	23
11.	Zhao, Jinhui	19	2023	266	25
12.	Jansson, Mikael	16	2022	183	16
13.	Macdonald, Scott A.	14	2022	141	31
14.	Macdonald, Marjorie A.	12	2022	106	17



The CISUR offices purchased new artwork by Indigenous artists from Ucluelet's Cedar House Gallery.



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