

National Drug and Alcohol Research Centre Education Trust



Invitation to attend
 NDARC Education Trust Comorbidity Meeting
 Being run concurrent with The Mental Health Services Conference

Tuesday 6th September 2011

in Adelaide at the Adelaide Convention Centre

Register at TheMHS <http://www.themhs.org/2011-annual-conference>

**TheMHS CONFERENCE 2011 - COMORBIDITY - DRUG AND ALCOHOL/MENTAL HEALTH
 TUESDAY 6TH SEPTEMBER 2011
 PROGRAM**

TIME		CHAIR	SPEAKER	TOPIC
09.00 - 09.05	5 mins	Ann Roche	Ann Roche	Welcome & Introduction.
09.05 - 09.45	40 mins		Roger Nicholas	Pharmaceutical Misuse Strategy - including inappropriate use of Benzos and Opiates.
09.45 - 10.30	45 mins		Jennie Houseman	Prescription Drug Misuse: Engaging GPs to continue management of their patients in the community – GP liaison at Northern Sydney D&A Services.
10.30 - 11.15	30 mins	MORNING TEA		
11.15 - 12.00	45 mins	Jenni Houseman	Michael Farrell	Psychostimulant morbidity and substance use in prisons and beyond.
12.00 - 12.45	45 mins		Scott Wilson	Staying on the Treadmill or falling through the Cracks.
12.45 - 13.45	60 mins	LUNCH		
13.45 - 14.25	40 mins	Cathy Chapman	Tim Semple	Pain management, dependency and mental health – a very complex mix.
14.25 - 15.05	40 mins		Jason White	'Ecstasy' use and its consequences: a neuropharmacological perspective.
15.05 - 15.10	5 mins		Cathy Chapman	Sum up.



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SPEAKERS



Ann Roche

Ann Roche is Professor and Director of the National Centre for Education and Training on Addiction at Flinders University. She has over twenty five years experience in the field of public health as a behavioural scientist and has worked as a researcher, educator, and policy analyst in various public health areas and has held academic posts at the University of Sydney, the University of Newcastle and the University of Queensland.

For the past 15 years her interests and professional activities have focused exclusively on alcohol and drug issues. Her principal area of interest is factors that optimize professional practice and effective strategies for professional practice change.



Roger Nicholas

Senior Project Manager, National Centre for Education and Training on Addiction, Flinders University.

Roger Nicholas is the Senior Project Manager at the National Centre for Education and Training on Addiction at Flinders University where he is involved in a number of national alcohol and other drug-related projects. Prior to his current appointment, Roger spent 13 years in various roles assisting the law enforcement sector to develop the evidence base concerning effective strategies to reduce alcohol and other drug-related problems in the community. He has numerous publications in this area.

Roger's research and policy interests include: regulatory and law enforcement responses to alcohol-related crime and disorder; psychotropic pharmaceutical drug misuse; and law enforcement and drug harm reduction.

Pharmaceutical drug misuse in Australia: problems and responses.

The misuse and the poor quality use of pharmaceutical drugs such as benzodiazepines and opioids is an important emerging problem in Australia. Mirroring overseas trends, there is increased evidence of harms such as overdoses, injection-related problems, trafficking and poor patient outcomes, occurring in Australia. This presentation will:

- outline our current understanding of this problem as well as the many gaps in our knowledge;
- outline some of the cultural, systemic, regulatory and professional practice issues that are contributing to it; and
- highlight some ways forward.



Jennie Houseman BPharm, MA (Clin Drug Dep Studies), AACPA, FPS, MPS

Consultant Pharmacist/Counsellor with Northern Sydney Area Health Drug and Alcohol Services since 1996, working with patients who have problems of drug dependence.

Pharmacy Liaison Officer for Northern Sydney Area Health since 2000, recruiting, training and supporting community pharmacists who dispense opioid pharmacotherapies.

GP Liaison Officer for Northern Sydney Area Health since 2009, encouraging, training and supporting GPs to provide primary care for patients with problems of drug dependence.

Contracted by University of Sydney 2000-2002 to write the curriculum on drug dependence for the B.Pharm.

Provide in-services on drug dependence issues to other health professionals.

Member of a number of committees that address issues of drug dependence

Prescription Drug Misuse: Engaging GPs to continue management of their patients in the community – GP liaison at Northern Sydney D&A Services

There has been a significant increase in number of prescriptions for codeine in the 1990s, peaking in 1999; an increase in the use of tramadol between 2001 and 2004 (plateaued in 2004-2007) and a dramatic rise in the use of oxycodone increasing steadily since 2001. There has also been a significant overuse of over-the-counter combination codeine medications.

This has resulted in an influx of patients being referred by their GP for the treatment of opioid dependence.

This presentation will discuss how this was managed at the Northern Sydney Drug and Alcohol Service.



Professor Michael Farrell

Professor Michael Farrell, is the Director of the National Drug and Alcohol Research Centre in UNSW, Sydney New South Wales since March 2011.

He did his original undergraduate training in Dublin Ireland. Michael has worked in London for over 20 years where he was a Consultant Addiction Psychiatrist in the Maudsley Hospital and a Professor of Addiction Psychiatry at the Institute of Psychiatry, Kings College London.

His area of interests have been broad based population studies based on the UK National Psychiatric Morbidity Programme where the issues of substance use and psychiatric morbidity were explored. Michael is also interested in Evidence Based Practice and Treatment Evaluation and the Translation of new evidence into practice. He has researched aspects of drugs and prison and particularly the risks of overdose on leaving prison or other closed institutions.

He has published over 200 scientific papers and is a member of the WHO Expert Committee on Drug Dependence. He chaired the Scientific Advisory Committee of the European Monitoring Centre for Drugs and Drug Addiction in Lisbon up until May 2011. Michael has undertaken a wide range of work for international agencies and for National Governments on aspects of National Drug Policies.

Psychostimulant morbidity and substance use in prisons and beyond.



Scott Wilson

Director Aboriginal Drug and Alcohol Council (SA) Inc (ADAC)

Scott's background is one of poly drug use and he spent considerable amounts of time and effort to give up illicit drugs and alcohol. Scott's youth was spent misusing and abusing alcohol and other drugs that bought him into both law enforcement and health agencies constantly. He grew up in Darwin and started drinking and smoking cannabis when he was 13. This led to Scott regularly getting drunk and stoned from an early age and he was regularly arrested or locked up overnight in the holding cells. By the time he was in year 11 Scott had already made a number of court appearances and he was to turn 18 doing a goal sentence in an adult facility.

By this stage Scott was regularly taking drugs such as cannabis, speed and pills and by his 23rd birthday was starting to get involved in injecting heroin. Scott's substance abuse started getting out of control with more encounters with law enforcement Scott's lawyer suggested he get help for his problem- which he hadn't noticed as everyone else he was in contact with was also heavy into substance abuse.

Scott sought treatment for the first time and went into a AOD detox and maintenance unit for 4 weeks and then to a half way house for 3 months. Whilst in treatment Scott was to realize that a lot of his problems, whether it was being arrested repeatedly, having accidents or no real personal relationships, were all due to his substance abuse.

Scott was to spend another 10 years relapsing and recovering until finally he was able to get on with his life with the help and support of his wife (who he met in the halfway rehab house) his kids and ongoing extensive counseling and support.

Without this involvement with treatment and ongoing counseling Scott would have drifted back into a life of drug abuse and crime.

The Aboriginal Drug and Alcohol Council (SA) Inc have employed Scott since November 1993. In 1994 Scott was appointed Acting Director and in 1995 he became the Director a position he has had ever since. Since working at ADAC, Scott has led a drug free lifestyle and has brought his background of abuse into being, where ADAC now has a harm minimisation focus.

Scott's involvement was recognized in 1997 by ADCA in receiving the ADCA Australia Day Award and in 2003 was a recipient of the Australian Centenary Medal. He is graduating in 2010 with the Graduate Diploma in Indigenous Health (Substance Use) at Sydney University and in December 2007 completed Certificate IV in Workplace Training and Assessment. In 2009 Scott was elected Chairperson of the Alcohol Education and Rehabilitation Foundation (AERF). Scott is currently the Deputy Chairperson of AERF.

Staying on the Treadmill or falling through the Cracks

I will give an overview of substance misuse amongst Indigenous Australians nationally and look at some of the issues such as juvenile and adult incarceration, mental health issues including FASD, suicide, alcohol related brain damage/dementia and potentially ways forward.



Dr Tim Semple MBBS, FANZCA, FFPMANZCA

Royal Adelaide Hospital Pain Management Unit

Dr Tim Semple has been working in pain medicine and anaesthesia at the Royal Adelaide Hospital for over twenty years and is a clinical lecturer at the University of Adelaide. He has co-ordinated outreach pain medicine services to the Northern Territory and rural South Australia with a focus on improving the management of persisting pain within the primary healthcare sector. He is currently the president of the Australian Pain Society and is on the board of the Australian Pain Relief Association. He contributes on state and territory health department committees overseeing the prescription of controlled substances for

managing pain and dependency and is looking forward to a higher level of support for these services from all levels of government.

Pain management, dependency and mental health – a very complex mix

The presence of a chronic pain diagnosis adds significant complexity to the management of individuals with mental health and/or dependency comorbidities. Severe chronic pain with severe impact on quality of life is reported in 5% of the South Australian population. Chronic pain is the presenting complaint in primary care in over 20% of encounters and is associated with higher levels of psychosocial distress, unemployment and lower levels of educational attainment.

The trend toward increasing accessibility of potent opioid prescriptions for pain has provided significant benefits for some population groups such as cancer sufferers and individuals with clearcut pain diagnoses as a component of multimodal pain management plan. However, the outcome studies for opioid-based analgesia for many other population groups (especially in the younger age groups, those with vague diagnoses and concurrent mental health disorders) have been particularly disappointing with no evidence of benefit and increasing evidence of significant harm. This presentation will provide an overview of current management of chronic pain in the at-risk populations and directions for future improvement.



Jason White

Jason White is Professor of Pharmacology and Head, School of Pharmacy and Medical Sciences, University of South Australia.

Professor White's research focuses on the human pharmacology of drugs of dependence, particularly opioids and stimulants. The two main aims of the research are to characterise the adverse effects of long term use of opioids and stimulant drugs on brain function and to improve opioid treatment for drug dependence and pain.

'Ecstasy' use and its consequences: a neuropharmacological perspective.

MDMA has been the principal active component in tablets and capsules marketed as 'ecstasy'. Its use has been prevalent in many countries since the 1990s, with evidence of very high rates of use in Australia. MDMA has actions in the brain very similar to those of antidepressants, but differs in several important respects. Its use has been associated with a variety of adverse effects, from risk of overdose to long term neurotoxicity with potential memory impairment and depression. This presentation will review the nature of 'ecstasy' pills and patterns of use of these pills. The potential for the drug to produce antidepressant effects will be covered and how this may affect use. The types of adverse effects will also be reviewed. Finally, the emergence of recent alternatives to MDMA in ecstasy pills will be discussed with the implications for patterns of use and adverse effects.



Dr Cath Chapman

Dr Cath Chapman is a Senior Research Fellow at NDARC. She was employed in October 2010 to aid in the analysis of the 2nd Australian National Survey of Mental Health and Wellbeing, a large epidemiological survey examining the prevalence of mental and substance use disorders in the general population. Her research interests include the descriptive epidemiology of mental and substance use disorders, service utilisation and pathways to care, and the way in which epidemiological data can inform health services policy and planning. She is currently the Chair of TheMHS Management Committee, having been a member since 2000.



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