



Providing hope through knowledge and compassion



ANNUAL REPORT
Oct. 2021–Mar. 2023

As a society, we are inspired to build upon the legacy of our co-founder, Dr. Jeff Harries who passed away in late 2021. Not only do we aim to continue his sharing of new knowledge about AUD, but also to emulate his joy and boundless energy for this work.



engagement pilot in Princeton, BC, the setting up of 2 advisory committees and engaging student researchers.

Many thanks to individuals and organizations for their support, and to the BC Ministry of Health and the Ministry of Mental Health and Addictions, who are enabling us to continue our work and plan for a bright future.

We are growing by leaps and bounds – all while collaborating with many individuals and partners, so that together we can carry a message of hope and transform lives.

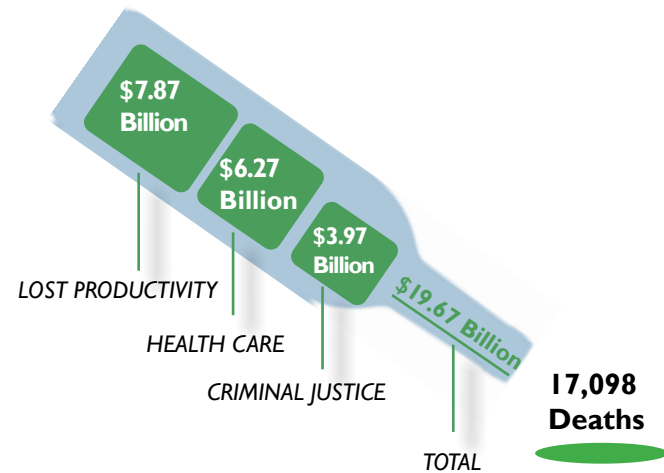
– **Lori Motluk, Board Chair**

Alcohol Use by Numbers



Canadians directly affected by Alcohol Use Disorder (AUD) over their lifetime*

Annual Cost to Canadians**



25% of Canadians (35-54) increased their drinking during the COVID-19 pandemic***

* (18% of Cdns), Statistics Canada, 2016.
 ** Canadian Substance Use Costs and Harms, 2020
 *** Canadian Centre on Substance Use 2020.

Even though most people can fully recover from Alcohol Use Disorder, it is still largely misunderstood and undertreated across Canada.

We aim to bring hope and transform lives by changing how people understand and treat Alcohol Use Disorder.

Spreading awareness and facilitating change within these four areas ensures a whole system collaborative approach.



THE CAUDS APPROACH

We advocate for a compassionate, holistic, evidence-based approach to understanding and treating Alcohol Use Disorder as a medical condition. Treatment can include the prescribing of medications, usually for a short period of time, in order to:

- reduce or extinguish cravings and withdrawal symptoms.
- give people the choice to stop or simply reduce the amount they drink.
- complement and provide stability for seeking counselling and other psycho-social supports.

OUR VALUES

- HOPE
- KNOWLEDGE
- COMPASSION
- ACCESSIBILITY
- IMPACT

Our Commitment to Inclusivity and Diverse Perspectives

We gratefully acknowledge that our society’s homebase is located on the beautiful and traditional territory of the Syilx people. We are grateful for their stewardship of the land and waters since time immemorial.

We commit to ensuring that our organizational structure, practices and relationships incorporate Indigenous perspectives, and commit to continuous learning as part of our responsibility to decolonize attitudes, processes and practices.

Alcohol misuse is entrenched in colonial practices – used both as a method of oppression and for coping with multi-generational harm. As such, we recognize the responsibility to listen to and respect diverse voices, cross-cultural perspectives and practices.

CONTINUING A LEGACY

The creation of the Canadian Alcohol Use Disorder Society was inspired and co-founded by family physician, Dr. Jeff Harries.

We were deeply saddened at his passing from complications of ALS in 2021.

As a society, we are determined to continue his legacy, and implement his national strategy to transform lives across Canada and beyond.

With support like yours, we can improve the understanding and treatment of alcohol use disorder, and continue to bring hope and transform lives.



Dr. Jeff Harries accepting an award from the Penticon Medical Staff Association, 2019



Supporting People Impacted by AUD

In 2022, we formed a People with Lived and Living Experience Advisory Committee, which meets bi-monthly in order to help us provide hope to individuals, families and friends for improved care and recovery from Alcohol Use Disorder.

We also continue to develop stories of hope, which document individual care journeys. And at the same time, we continue to build our digital resources, which include videos, handouts and online access to our award-winning documentary *Smashed: Breaking the Cycle of Alcohol Use Disorder*.

We conduct social media campaigns on Twitter, Facebook, YouTube and Mastodon, and directly engage people from across Canada and internationally through website correspondence. People from as diverse locations as Nunavut to Mongolia – contact us filled with hope and a desire to know more about medical treatment options.



Impact Highlight

Website views

"I'm hoping and always have hope that my daughter will get well. Now that I have found this organization, I have more hope than ever."

– Website Correspondence

Advancing New Knowledge

In order to advance new knowledge, we conduct research, promote evidence and educate a new generation of researchers to build upon the medication-assisted approach to AUD treatment.

In 2022/23, we hosted a student intern studying Cognitive Science at McGill University and two Community Health Sciences interns from the University of Calgary. In addition, a UBC medical student conducted a report on our community engagement work for the Interior region's Medical Health Officer, and we engaged with community and youth through our volunteer student ambassador.

With student support, we published *Incorporating ondansetron and baclofen in alcohol use disorder treatment* in the Canadian Journal of Emergency Medicine. And, we also presented findings at the Canadian Centre on Substance Use 'Issues of Substance' conference and at the BC Quality forum.



"I will never forget how my dad would beam when his work presented life-changing results for patients, and that is something that is important for me to continue."

– Annie Harries, Student Ambassador

Impact Highlight

Student researchers



Engaging Health Practitioners

We undertook many initiatives to facilitate the integration of a new understanding and approach to treating AUD in clinical practice.

This work includes the development of an online AUD medication selection tool, which is currently in an alignment and trial phase. Using the tool, prescribers answer a series quick questions with their patient. A list of suggested medications, with additional information and references, is then generated.

To ensure we are evaluating leading evidence and best practices, we formed a Clinical Advisory Committee comprised of physicians and a nurse practitioner. In addition, we participate in a monthly online conference to share and discuss case studies and leading international practices with members from as far away as India, Nigeria and South Africa.

To spread awareness, our Clinical Advisory Lead presented on AUD, and was a guest on several podcasts including the BCCSU's Addiction Pod. We also hosted a documentary screening for clinicians, with more resources in development.



Impact Highlight

Documentary views

"The medication selection tool is an awesome starter kit, and is a great way to rapidly increase prescribing practices."

– Dr. Roland Engelbrecht, Williams Lake BC

Empowering Community

"The burden of negative health outcomes related to alcohol cannot solely lie in the hands of the health care sector. Only a collective effort across sectors can prevent poor health outcomes from alcohol." – Dr. Silvina Mema (pictured right), *Medical Health Officer Report: Alcohol and Health in BC's Interior Region, 2020*.

To enable this collective effort, we launched the Building Supportive AUD Communities project in our pilot community Princeton, BC. After building our model with a communications research team from the University of Alberta, we hosted a cross-sector community leaders event. Leaders learned about AUD and new treatment options, and then took part in a facilitated community conversation.

Through continued engagement, leaders are prepared to spread information individually through their networks, and collectively through the formation of an AUD community group. This group is spreading awareness at fairs, school events, to town council and at community gatherings. We are currently developing a toolkit to spread to new communities in 2023.



"I am confident that with ongoing support from community leaders, we will ensure everyone interested in taking steps toward reducing their alcohol consumption can have access to the tools and resources available."

– Dr. Andrew Ashley, Princeton BC



Impact Highlight

Pilot community events



Board of Directors

- Maggie De Oliveira
- Dr. Roland Engelbrecht
- NP Patrice Gordon
- Bruce Harries, Vice Chair
- Allan McCallister
- Bill Motluk
- Lori Motluk, Chair
- Debra Salverda

Staff

- Heather Allen, CCO
- Carolyn Courtemanche, Office Manager
- Andrew Neuner, CEO
- Izabela Szelest, CSO

Thank you to Caryl Harper who helped develop our PWLLE Committee and to NP Patrice Gordon, who recently stepped down as a Director to pursue humanitarian work, but remains on our Clinical Advisory Committee.

Clinical Advisory Committee

- Dr. Andrew Ashley
- Dr. Roland Engelbrecht, Chair
- NP Patrice Gordon
- Dr. Leslie Lappalainen
- Dr. Silvina Mema
- Dr. John Umhau

Student Researchers

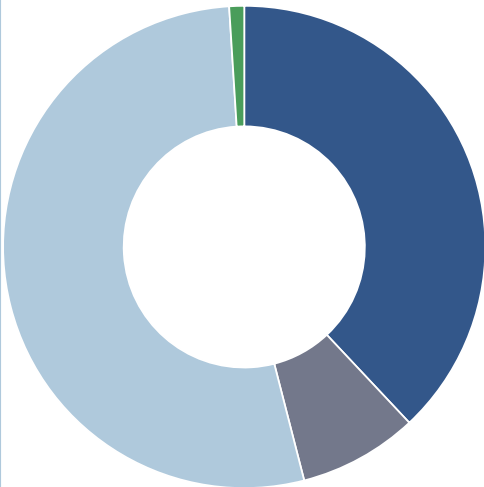
- Kyra Huston, University of British Columbia
- Jayling Kersen, University of Calgary
- Stefan Kurbatfinski, University of Calgary
- Hayley Ross, McGill University

Thank you to the partners, organizations and many individuals who are supporting us as we spread the word about Alcohol Use Disorder and treatment options. We would especially like to mention the support of the **Community Foundation of the South Okanagan Similkameen**, the **BC Ministry of Health** and the **BC Ministry of Mental Health and Addictions**.

Together, we can transform lives.

Financials

Revenue Sources



- Individual Support (53%)
- Other Foundations (38%)
- Corporate Giving (8%)
- Other (1%)

Income

Oct 01/2021 to March 31/2023

Cauds Income: \$106,063.08

Cauds Expenses: \$120,232.33



Get involved. Donate today. Stay in touch with us!
Together, we can transform lives.

www.cauds.org



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