

Providing hope through knowledge and compassion

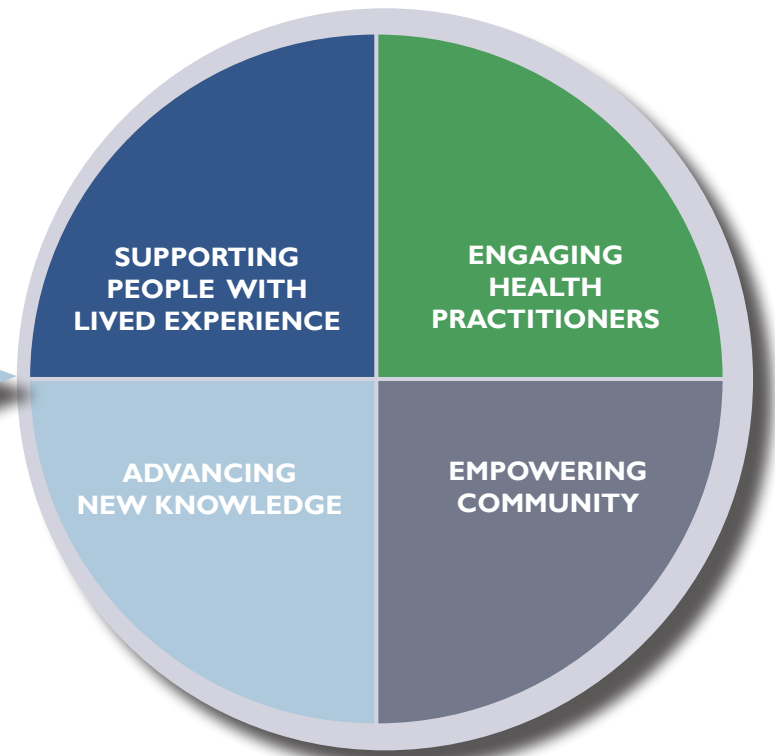


Our Mission

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.



OUR INSPIRATION

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



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.

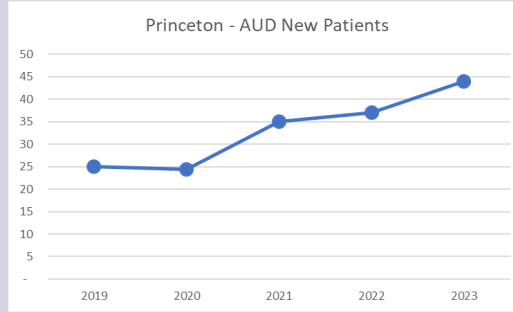
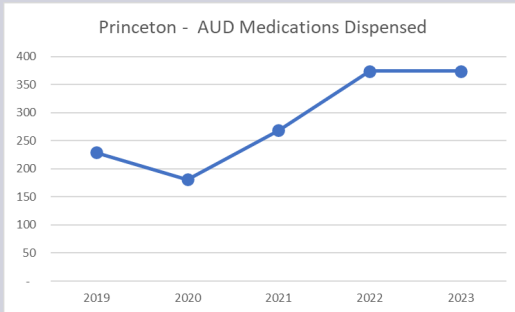


TREATMENT UPTAKE

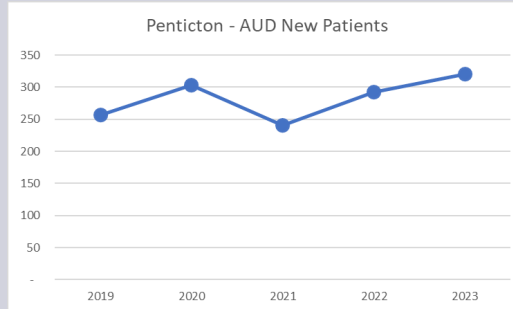
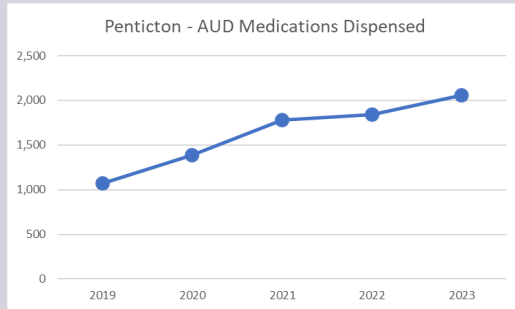
In communities where we have conducted a combination of clinician and community engagement, we have observed an increase in treatment uptake.

For each highlighted community, the left image demonstrates the increase in the number of patients receiving naltrexone, topiramate or acamprostate from 2019-2023. The right image shows the number of new patients receiving a prescription from 2019-2023.

PRINCETON, BC



PENTICTON, BC



Source: BC PharmaNet Custom Report January 18, 2024

2023 KEY DELIVERABLES

- ✓ Built and strengthened relationships with key partners, including establishing advisory committees and regular meeting structures.
- ✓ Spread community engagement program and awareness of alcohol as a health issue, and developed new communication resources and tools.
- ✓ Promoted awareness of alcohol use disorder as a treatable health condition through videos, podcasts, conferences, media campaigns and on social media.
- ✓ Increased access to relevant, evidence-informed resources and education materials on our website, at conferences, fairs and through partner organizations.
- ✓ Worked with clinical experts and researchers to evaluate and systematize a medication selection tool.
- ✓ Disseminated research findings, published on treatment gaps for women and created an AUD information needs survey.
- ✓ Increased awareness and appropriate use of first-line pharmacotherapies for AUD in alignment with best available evidence through the development of an AUD Action Series.
- ✓ Increased awareness of the current state of AUD prevalence, treatment, and recovery outcomes in local health areas through partnerships and resource sharing.
- ✓ Improved outcomes for people impacted by AUD across BC.

This past year we have been able to make great strides advocating for alcohol use disorder to be understood and treated as a health condition.

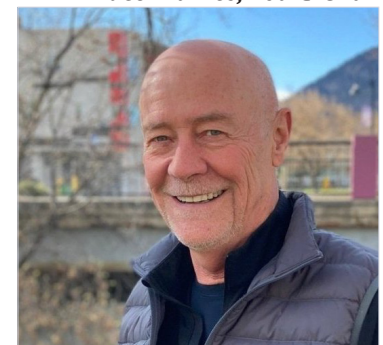
In large part, our work has been a result of the tremendous support from the BC Ministry of Mental Health and Addictions and from individuals like you.

As you'll read in this report, we have been able to partner with many stakeholders such as Health Quality BC and the Community Foundations network to change the conversation on alcohol use disorder and engage individuals, families, communities, and clinicians.

We are currently working with 25+ clinical teams across the province to provide a free AUD education series, and our community engagement program is expanding to communities in Interior, Island and Northern Health.

We have published research, presented at conferences, been featured on podcasts and in the media, created many resources such as videos, almost-dry drinking culture campaigns and shared stories of individuals who have found lasting AUD treatment success. With your support, we can continue to transform lives, clinician practices and communities. Thank you!

– Bruce Harries, Board Chair





Collaborations

Community Foundations network, community health tables, community service organizations, research institutions, health authorities and primary care leaders & organizations



Collaborations

Community Foundation of the South Okanagan Similkameen, BC Alliance for Healthy Living, BCCSU, CMHA BC

Community Engagement

Highlights

We offer 3 levels of engagement to communities:

- Ready-to-use *Take Action Today* resources
- *About AUD and Treatment Options* presentations
- A year-long community-led deep dive program called *Building AUD Supportive Communities*, which helps communities host events and activities that improve treatment awareness and change community drinking culture.

Success

Together with the Community Foundations network, we have created a spread model that allows for quick integration and local uptake of our deep dive program. Roll out includes partnering with local community organizations, health authorities and primary care. Along the way we provide guidance, tools, support, and foster a community mentorship network.

In our completed communities, we've documented great interest, success and support through surveys, interviews and event participation evaluations, which show:

- ✓ an increase of pre-contemplative people accessing care
- ✓ a positive shift in drinking culture
- ✓ reduced stigma when holding conversations about AUD

Next Steps

We have signed on communities for our deep dive program in Island, Northern and Interior Health. With funding, we are shovel-ready to engage additional interested communities.

Resources & Outreach

Highlights

We gratefully acknowledge the commitment and valuable insight of our People with Lived and Living Experience committee as they work with us to build resources, serve as ambassadors at conferences, share their stories at our community engagement workshops and serve as faculty for our AUD Action Series.

In our efforts to improve resources and to reach individuals, we built a resource development plan in coordination with organizations such as BCCSU. As a result, we have updated our website and created one-page explainers such as *Understanding AUD and Nutrition* and *Understanding AUD Medications*. We have also created new videos and a six-part miniseries on understanding AUD, treatment options and how to talk about AUD.

As part of our story sharing framework, we have created several new stories, with thanks to the individuals who shared their personal experiences — ranging from the importance of peer support to tapering off naltrexone.

We have reached audiences through media campaigns, social media awareness campaigns, and as a guest on several health and community related podcasts. We have also developed a plan and episode log for our upcoming *Glass Half Full CAUDS* podcast.

We garnered great interest in our organization at UBCM, and connected with 35+ communities and many individuals who are looking to us for further engagement and support.

Reach

- ✓ 53K+ Website views
- ✓ 39K+ Documentary views

Primary Care Education & Events

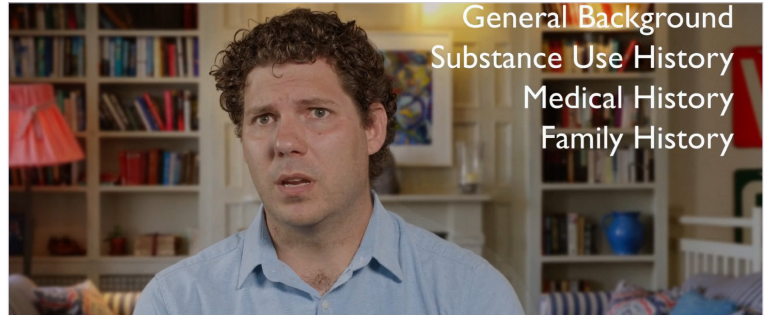
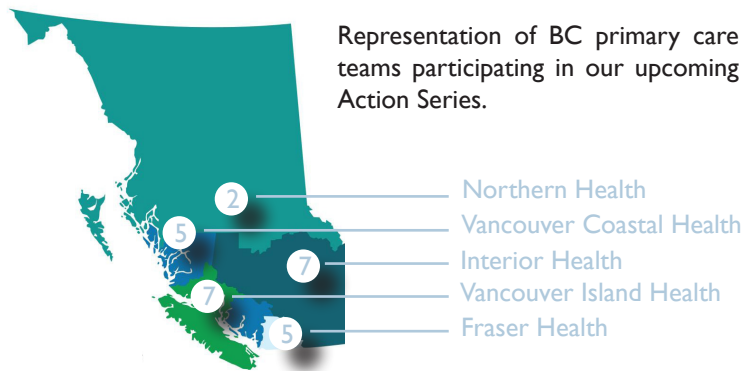
Highlights

In 2023, we were delighted to team up with Health Quality BC to develop a provincewide AUD Action Series. This free education series is set to begin in April 2024 with 25+ primary care teams from across BC.

In addition, we upgraded our website and prescriber resources to align with the new national prescribing guidelines, and worked with partners to create easy-to-access matching handouts, prescribing presentations, medication selection tools and videos. We thank our clinical advisory committee for their ongoing evaluation and feedback.

In October we hosted a blended event for clinicians to learn about AUD treatments and nutrition, and we continue to engage in an international forum for clinicians to discuss AUD treatment options.

Action Series Reach



Collaborations

Health Quality BC, local health authorities, BCCSU, Mutant Films, Divisions of Family Practice and our Clinical Advisory Committee

Research & New Knowledge

Highlights

We spent 2023 building relationships with key organizations within the substance use field including with BCCSU, CISUR and CRISM. In particular we collaborated to promote and provide context for key findings and info found in the Canadian Guideline for the Clinical Management of High-risk Drinking and Alcohol Use Disorder and in Canada's Guidance on Alcohol and Health. We are also working with CISUR on a goal to develop data-driven performance measures.

In addition, we have worked to disseminate new knowledge through participation at conferences such as at the CCSA Issues of Substance, and through publishing our own research. This includes our article on the AUD service needs and gaps for women published in the Healthcare Management Forum, and with an upcoming publication of our research into AUD and community engagement.

We completed a thematic analysis of our website correspondence and are conducting a national survey both to better understand people's top questions and concerns about AUD.

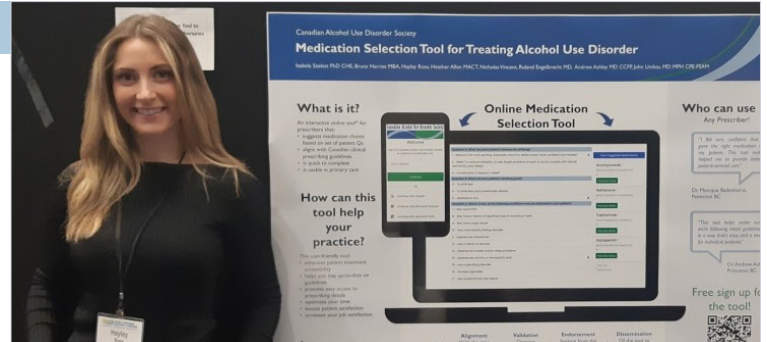
Thematic Analysis Findings

46% of correspondents contacted us on behalf of someone else

- Mothers about sons
- Care providers about patients
- Those wanting info for family members

Most Common Themes

- ✓ Seeking info about AUD medications and treatment
- ✓ Readiness to begin care or interact with care provider
- ✓ Connecting to share story about self or other



Collaborations

BC Centre on Substance Use, Canadian Centre for Substance Use and Addiction, Canadian Institute for Substance Use Research and the Canadian Research Initiative in Substance Matters

Our Team

Board of Directors

Dr. Roland Engelbrecht
Bruce Harries, Chair
Allan McCallister
Bill Motluk
Lori Motluk, Past Chair
Debra Salverda

Staff

Heather Allen, CCO
Carolyn Courtemanche, Office Manager
Andrew Neuner, CEO
Hayley Ross, Student Researcher
Izabela Szelest, CSO

Clinical Advisory Committee

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

People with Lived and Living Experience Committee

Thank you to all of our PWLLE committee members who provide invaluable insight, expertise and engagement. We look forward to



What people are saying about our work

As a couple, we can attest to the fact that CAUDS has changed our lives. Their community work has been life-changing for many people. They have made our community for the better.

– Ed Staples, Nienke Klaver, PWLLE Advisory Committee

We are dedicated to this work because we have seen how alcohol use disorder is a root cause of social issues within communities, and also how supporting better understandings and treatment options can make such a huge difference to so many.”

– Aaron McRann, Community Foundation of the South Okanagan Similkameen

I have witnessed the many benefits that this advocacy group brings to healthcare providers, the public and to community. In my clinical practice, I have noticed people are more receptive to discussing their alcohol use, leading to earlier detection and treatment of alcohol use disorder. I have had an increase in referrals for patients seeking medical treatment. Overall, this program has helped us connect to and engage more patients with AUD more than previously.

– Dr. Andrew Ashley, Princeton physician

“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 Correspondent

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.

2023/24 Financial Statement

| | | |
|-----------------|----------------------------|---------|
| Revenue | | 985,000 |
| | | |
| Expenses | Projects | 179,500 |
| | Community Workshops | 118,932 |
| | Primary Care Action Series | 124,100 |
| | Fundraising | 33,000 |
| | Communications | 104,338 |
| | Advertising & Promotions | 13,337 |
| | Board & Advisory Panels | 19,111 |
| | Administration | 189,703 |
| | Audit, Finance & Legal | 35,541 |
| | Office | 9,000 |
| | Information Technology | 104,322 |
| Total | | 930,884 |
| | | |
| Surplus | | 54,116 |



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

www.cauds.org



102 Ellis St. Penticton, BC
V2A 4L5 Canada

admin@cauds.org