

# BUILDING A CARE PATHWAY FOR METHAMPHETAMINE USE

A Summary Infographic to Inform the Development of an Integrated Care Pathway

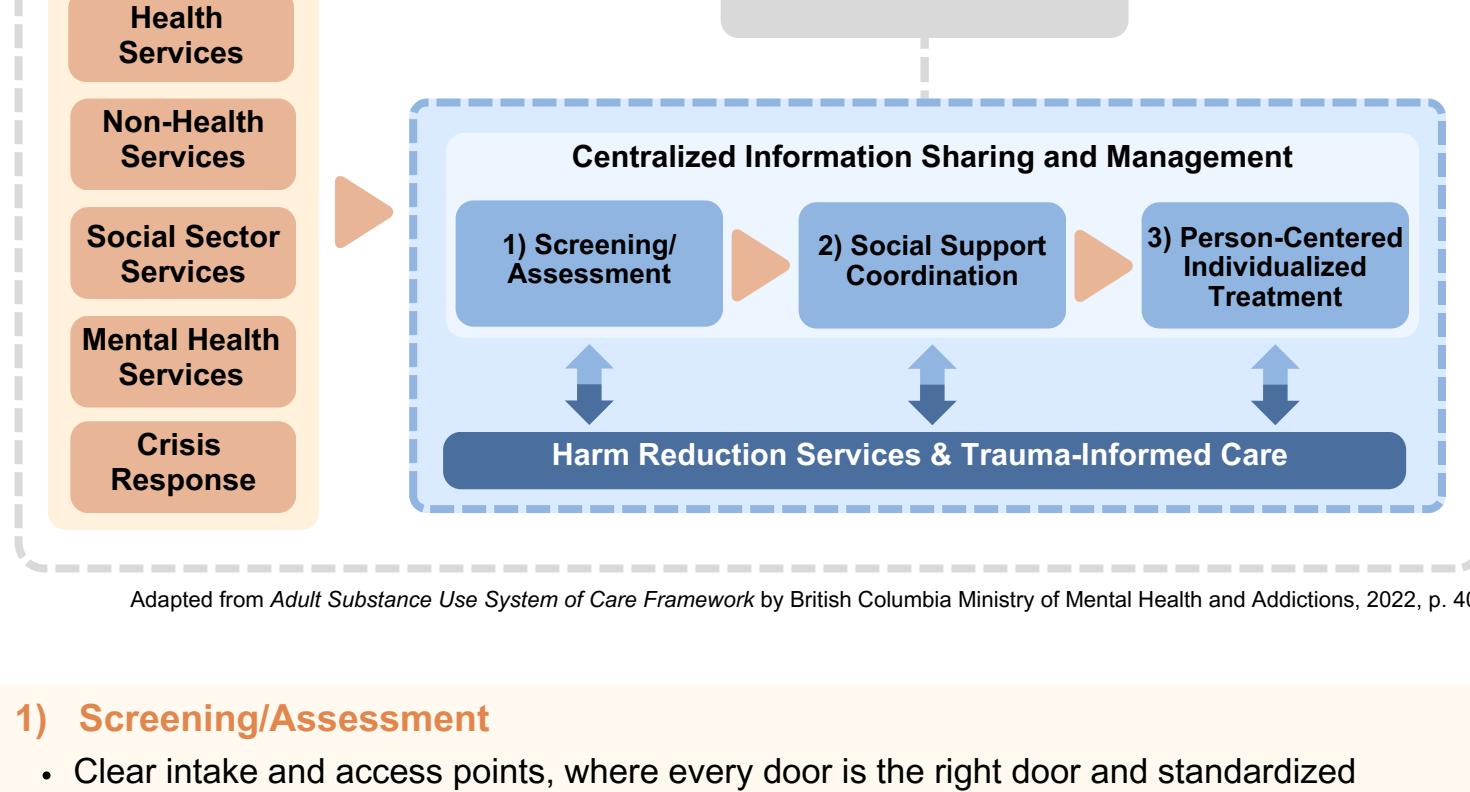
Prepared By:

**London Middlesex Mental Health and Addiction Strategic Direction Office**  
in collaboration with the Community Drug and Alcohol Strategy (CDAS) Implementation Steering Committee

## EXECUTIVE SUMMARY

Methamphetamine use is a crisis within Middlesex London. Individuals are struggling to receive timely support and service providers are facing a significant increase in demand for their work. One way to address this is by clearly outlining the potential paths a patient's care journey can take them and providing service providers with resources to support people who use methamphetamine. The development of a care pathway specific to methamphetamine use will allow people who use methamphetamine to receive better care and not fall through the cracks.

**Based on codesign with service providers, business providers, and people who use substances within Middlesex London a localized care pathway would include the following attributes:**



Adapted from *Adult Substance Use System of Care Framework* by British Columbia Ministry of Mental Health and Addictions, 2022, p. 40

### 1) Screening/Assessment

- Clear intake and access points, where every door is the right door and standardized screening/assessment with a centralized information management system can help identify how to support the person. This implies the pathway can be accessed from any service.

### 2) Social support coordination

- Case management that involves a referral process from any entry point to the services and supports a person's needs/wants. This would involve role clarity for all service providers. Dedicated staff would be responsible for ensuring social support coordination with warm transfers. Information should be shared in a centralized information management system to ensure all providers supporting a person have access to it.

### 3) Person-centred individualized treatment

- Care plans should be developed based on the person's wants and needs. Each care plan should be tailored to the person. Harm reduction services, trauma-informed care, and cultural safety should be integrated throughout a person's journey.

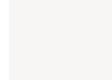
## BUILDING THE PATHWAY

Four key themes emerged that identify specific areas of opportunity that can improve the current pathway for methamphetamine use in Middlesex London (summarized below). It is important to note that the themes outlined below do not represent an exhaustive list.

### Standardized Screening/Assessment

 There is a need for standardized screening or assessments that should be iterative and ongoing. It is important to link screening and assessments to facilitate social support coordination.

### Centralized Information Sharing and Management

 There needs to be a centralized information sharing and management system that can reduce duplication of assessments, staff resources, and interventions to streamline information sharing and service navigation. This should also include integrating community care plans within hospitals to ensure consistent care.

### System Navigation and Transitions

 There should be standardized system navigation that allows for more integration and connection between the services and supports available. This should include care coordination in which the client has a constant connection to a service provider in the system.

In addition, it is important that care plans are co-created with the support of a service provider that can help the client navigate the system. This also includes ensuring that everybody is attached to primary care.

### Training and Workforce Development

 It would be helpful to outline the roles and responsibilities of each partner in the system.

This allows for clearly outlined responsibilities for all system partners to ensure they are working within their capacity. There should also be continuous training for all staff to ensure the quality of care remains consistent through the system.

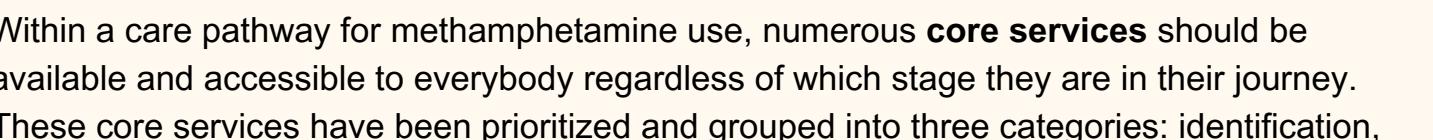
# BUILDING AN IDEAL CARE PATHWAY FOR METHAMPHETAMINE USE

In an ideal integrated care pathway for methamphetamine use, it's important to identify and address any problems early on, including addressing social determinants of health to prevent substance use. People should also know about the different types of care available and have support to get these services. This care pathway should be inclusive, meaning it considers the needs of different groups of people, and it should be designed to help individuals at different stages of their journey.

Care pathways guide how people can go through services, not just for mental health and addiction but also for things like housing and justice. They should be well-connected, customized to each person's goals, and include the services or support that person needs. While each person's plan will be unique, there are common qualities that make care pathways work well.

## Pathway Components - What is needed?

There are several **building blocks** that are important to consider in the development of an integrated care pathway for methamphetamine use. These building blocks include the following:



Within a care pathway for methamphetamine use, numerous **core services** should be available and accessible to everybody regardless of which stage they are in their journey. These core services have been prioritized and grouped into three categories: identification, management, and emergency.

### 1) Identification

- Medical and Social History
- Social Determinants of Health Assessment
- Functional Capacity Assessment

### 2) Management (Person-Centred Individualized Treatment)

- Social Support Coordination (goals of care planning)
- Culturally Sensitive Treatment
- Medication Management
- Comorbidity and Concurrent Disorders Management
- Therapy/Counselling (Trauma-Informed Care)
- Education

### 3) Emergency

- Risk/Crisis Assessment
- Overdose/Acute Intoxication Management
- Intensive Care Coordination

For an expansive list of all the potential core services identified, please click this [link](#).

## Purpose and Scope of the Project

The purpose of this project was to inform the development of an **integrated care pathway** for people who are at risk of using methamphetamine or are currently using methamphetamine. Although there are several substances in the community that people may use, the focus of this project is methamphetamine. It is important to recognize that although these recommendations pertain to methamphetamine use, many will also apply to other forms of substance use, including poly-use.

### This project and guiding document involves data and information from the following:

- Literature scan of best practice research (please see [Best Practices report](#))
- 46 key informant interviews with service providers, business providers, people who use methamphetamine (PWUM), and caregivers of PWUM. (For a more detailed summary, please see [Promising Practices report](#))
- 4 co-design sessions (total participants = 43)
- Advisory Committee (26 members, 11 organizations)

## Acknowledgements and Contributions

This is a joint project between the London Middlesex Mental Health and Addiction Strategic Direction Office (SDO) and the Middlesex-London Community Drug and Alcohol Strategy (CDAS) Implementation Committee with funding from the City of London. This project includes co-design and consultations with service providers (health, social, law enforcement), business providers, people who use methamphetamine (PWUM), and caregivers of PWUM. Additional support for this project was received from the London Health Sciences Centre, Middlesex London Ontario Health Team, London InterCommunity Health Centre, and Carepoint Consumption and Treatment Service.

We want to thank all members of the Methamphetamine Pathways Advisory Committee for their contribution to this project. There were 11 organizations represented on the advisory committee.

To read the complete report, please click this [link](#).