



Addictions Professionals Association of Saskatchewan, Inc.

www.apask.org

Members Communiqué

June 17, 2015

CONTENTS: CACCF AGM; Things to think about; Recovery days 2015; SABAS; upcoming retreat.

SUMMER! At last! Beautiful day here in Saskatoon today! Not too hot, not too humid (we could use a real good rain. A two day soaker would really green the grass up and make the farmers very happy.) I hope this finds everyone planning some nice family time to enjoy the sunshine.

- This year's **CACCF AGM** is scheduled for **Thursday, July 9th at 6:30pm (EST) 4:30 Sask. time**. I strongly encourage all of our members to dial in as there will be some exciting and important news about certification coming down from the federal government that will trickle down to the provinces over the next year. Teleconferencing technology will be utilized. You will receive a formal invitation from CACCF headquarters via email in the next while.
- **“Things to think about...”**
 - 1) **Many** of you receive the daily news from the Canadian Centre on Substance Abuse (CCSA) via email so you might be keeping up on what's been happening in some of the US in the states that have legalized marijuana. I think we, as addictions professionals, are going to find ourselves in the middle of this debate. I know the debate has found its way into my office with discussions on the use of medical marijuana on doctor's prescriptions and what that means to employers that have people working in what has been deemed to be safety-sensitive positions. That debate is going to show up in the office of any addictions counsellor who does mandatory referral.

The Supreme Court in the USA has made the decision based on a Colorado case (Recreational use of marijuana, if you don't know, is legal in Colorado. It was the first state to legalize.) has come down stating that people who are found to have THC in their urine sample at work can have their employment terminated whether they have a medical prescription or live in a state where recreational use is legal or not. I believe we are living and working in a time that is going to see legalization of this sneaky little drug in our country. I believe that we, as addictions professionals, are going to be faced with questions on how to deal with this drug, both in areas of abuse and dependence, legal or not just like we are with alcohol and I believe we need to start a dialogue with each other on how we are going to respond to this challenge.

For those of us who are managers and supervisors, we may well be challenged with what to do with staff members who may be using this “sneaky little drug” and coming to work with attitudes about its use or even under the influence. I ask you to think about what having an attitude about using marijuana being okay or coming to work under the influence will do to build up or diminish the value of addiction services in the eyes of your community AND how this possibility impacts your agency's Occupational Health and Safety ratings if you have an employee that is showing up in an ethically- or safety-sensitive position under the influence of this or any other mood altering substance. Keeping in mind that legalization isn't here yet,

though medical marijuana is and the Canadian precedence has been set in that area, we must examine our own attitudes and be able to respond effectively to protect our clients, whether they are people needing addiction and mental health services or their employers, our staff, our employers from the possibility of litigation, and our community as a whole. There is a copy of the Globe and Mail article copied below.

2) **Did** you know that Saskatchewan provincial funding for Mental Health and Addictions comes in at 5% of the total health budget? Across Canada the average is 7%. The suggested investment for this area of health budgets is 9% and the Gold Standard, held by the United Kingdom is 10.8% of the national health budget. Makes a person wonder if this might have something to do with Saskatchewan having the highest incidence of impaired driving across the country.....Hmmm..... something to think about.

- **As** you will recall, The APASK Board of Directors had scheduled a special meeting of the general membership to take place at the May conference to ratify the changes to the bylaws. Unfortunately that conference had to be cancelled due to lack of registrations. However, the bylaws still require updating. Thus we will be inviting the membership to participate in a special general meeting via the use of technology and the computer download program, GoToMeeting in mid-August. You will be receiving a copy of the suggested updated **Bylaws** for your review and comments. There will be two invitations to attend the meeting sent out prior to the meeting to allow for ample notice. We hope you will be able to take some time out of busy summer schedules to attend and make your thoughts known.

- **I** am sad to inform the members that before she could really get involved in the workings of APASK, our newest Board member has left the province and is now residing in Alberta. Unfortunately this geographical move has disqualified Michelle Herbert from sitting on the Board of our Saskatchewan association. We wish Michelle well in her new locale and sincerely thank her for her interest in being a Board member. I would also like to encourage other members to consider jumping in.

- **Recovery Month 2015** is just around the corner and committee members have been busy, busy, busy. Big thanks to the Regina Committee and the Sask. Assoc. for the Betterment of Addictions (SABAS) services for taking the lead on securing our keynote speaker this year. We are very pleased to announce that former NHL goalie Clint Malarchuk, will be speaking at luncheons in Regina, Saskatoon and Prince Albert this year on Sept. 22, 23 and 24 respectively. Tickets are now available in all three cities. Those of you who follow the NHL may remember that Clint is the goalie whose throat was slashed by an opponent's skate in an on-ice collision back in 1989. He has a powerful story of recovery from addiction, OCD, anxiety and depression and makes the statement, "I could have died many times." Clint is a note public speaker, and an author of three books; his latest is "The Crazy Gate." If you are interested in tickets to one of these events or in sponsoring an event in your own community, you can get more information by responding to this email with your questions.

- **A** bit more information on **SABAS** for those of you who might be interested; their Board is implementing a name change. The organization will soon be known as the Saskatchewan Addiction Foundation Inc. with a mandate focusing on research, education, and assisting people seeking treatment to gain access.

Brenda Hearn
Membership Committee Chair,
APASK Board of Directors

Pot may be legal in Colorado, but you can still be fired for using it.

THE GLOBE AND MAIL

The Colorado Supreme Court ruled Monday that a medical marijuana patient who was fired after failing a drug test cannot get his job back. The case has big implications for employers and pot smokers across the United States in places where medical or recreational marijuana have been legalized. Twenty-three states and the capital Washington allow medical marijuana.

Colorado became the first state to legalize recreational pot in 2012. Though the case involves medical marijuana, the court's decision could also affect how companies treat employees who use the drug recreationally.

Brandon Coats is a quadriplegic who was fired by Dish Network, a satellite television and Internet provider, in 2010. The company agreed that Coats wasn't high on the job but said it has a zero-tolerance drug policy.

Courts in three other states have also ruled against medical marijuana patients fired for pot use.

Coats argued that his pot smoking was allowed under a Colorado law intended to protect employees from being fired for legal activities off the clock. Coats didn't use marijuana at work, and he wasn't accused of being high on the job. But pot's intoxicating chemical, THC, can stay in the system for weeks.

The company argued that because pot is illegal under federal law, medical marijuana isn't covered by the state law.

The Colorado Constitution specifically states that employers don't have to amend their policies to accommodate employees' marijuana use.

Coats was paralyzed in a car crash as a teenager and has been a medical marijuana patient since 2009, when he discovered that pot helped calm violent muscle spasms. He was a telephone operator with Dish for three years before he failed a random drug test in 2010 and was fired.

An INTIMATE STROLL with BODY and SOUL RETREAT
Yoga and Wellness Retreat Hosted by St. Michael's Retreat
overlooking the beautiful Qu'Appelle Valley in Lumsden, SK

Presented by: Tameko Kezama of Minds Eye Yoga &
Cori Lynn McIvor of Essence of Wellness

Fri., Oct. 23 - Sun., Oct. 25/15

AGENDA:

Friday, Oct. 23/15:

7:00 - 7:30 p.m. - Welcome

8:00 - 9:15 p.m. - Release &
Restorative Yoga Class

Saturday, Oct. 24./15:

9:00 - 10:15 a.m. - 'Letting Go of
the Toxic Burden' - Holistic
Presentation

10:45 - 12:00 p.m. - Sattva
Inspired Yoga Class

1:00 - 2:15 p.m. - 'Finding
Freedom Within' - Healing
Chakra Meditation



Sat. con't

2:45 - 4:00 p.m. - 'A Walking
Labyrinth Meditation'

6:30 - 7:45 p.m. - 'Empower
Yoga' Class

8:15 - 9:15 p.m. - Group
Activity

Sunday, Oct. 25/15:

9:00 - 10:15 a.m. - 'Mood,
Food, and Healing' - Holistic
Presentation

10:45 - 12:00 p.m. - 'Mindful
Yoga' Class

12:30 - 1:00 p.m. - Wrap up

Join us for a weekend of self-inquiry, empowerment and self-love as you discover how powerful the tools of yoga, meditation and holistic wellness can be in your personal evolution toward living in constant PEACE and CONTENTMENT!

TOTAL COST: \$225 per participant; which includes two nights stay in a private room with bathroom/shower; all meals; yoga classes and presentations.

TO REGISTER CONTACT: ST. MICHAEL'S RETREAT at 306-731-3316