

## **ARTIC accelerating the spread of proven care in addiction health**

### **META:PHI helps tackle opioid use issues**

People dealing with problems with opioids or other substances, or with both alcohol dependency and major depression, are receiving better care across Ontario thanks to two proven programs and the Adopting Research to Improve Care (ARTIC) Program.

[ARTIC](#) - which is co-led by the Council of Academic Hospitals of Ontario (CAHO) and Health Quality Ontario - accelerates the spread of proven health care interventions. The program provides project teams with funding and active implementation support over approximately two years to ensure projects are spread widely and can be maintained on their own.

Results have just been released from two projects supported by ARTIC; the Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration ([META:PHI](#)) and the Depression and Alcoholism – Validation of an Integrated Care Initiative (DA VINCI) programs. They were first developed and validated at Women's College Hospital and the Centre for Addiction and Mental Health respectively.

META:PHI is an innovative approach to provide integrated care for those with opioid or other substance use issues and to train primary care providers to provide proper care for these individuals.

META:PHI integrates treatment provided by emergency department and hospital staff, primary care providers and front-line community services, such as withdrawal management shelters. This allows patients to seamlessly move from emergency department care, through to rapid-access addiction clinics, to care from primary care providers. This model also gives primary care providers the support they need to care for people living with addiction issues.

Under META:PHI, addiction specialists have been recruited to establish rapid access addiction medicine clinics at sites across the province, work with administrators to implement addiction practices in hospitals and primary care clinics and to provide mentorship and training to primary health care providers.

Thanks to ARTIC, META:PHI has spread to Ottawa, London, Sudbury, Owen Sound, Sarnia, St. Catharines and Newmarket. In its first year, 186 primary care physicians have been trained and 861 patients were treated. By the end of their second year, the clinics estimate they will treat an additional 1,300 patients.

A sample of 152 patients across five partner sites showed a significant reduction in emergency department visits and time spent in hospital. Patients in the program were also much more likely to be prescribed appropriate medications to treat addiction than similar patients not involved in the program.

Running since April 2015 the goal of DA VINCI was to ensure patients with major depressive disorder and alcohol dependency have access to patient-centered, evidence-based integrated care – the first time both major depression and alcohol dependency have been treated together in an integrated fashion.

Over two years, DA VINCI spread to eight academic and community hospitals across Ontario, and 352 patients have been successfully treated so far. The project trained 83 clinicians at eight centres to look after patients with both disorders using this new approach.

Together, DA VINCI and META:PHI are improving how patients with major depressive disorders and /or substance issues are being treated in Ontario. Thanks to ARTIC, these proven programs have spread widely, with patients getting the care they need across the province.