

The **CARMA Clinic** at the Health Sciences Centre is a consultation service that provides assessment, diagnostic clarification, and treatment recommendations for problematic substance use including prescription medications, illicit substances, and/or alcohol, where medical review is warranted. The Clinic liaises with the HSC Addictions Unit and community-based treatment programs to coordinate treatment plans, as needed. The CARMA Clinic may make recommendations about prescribing and polypharmacy, but **does not take over prescribing of medications.**

### **Referral Process**

Physician referrals are requested from primary/prescribing physicians. Exceptions will be made for referrals from Emergency, providing that the ER physician has spoken with the patient and prescribing physician and they are in agreement with the referral.

Referrals should outline the patient's medical history, addiction history, current substance use, and prescribed medications. Referrals should include results from tests or consultations related to chronic pain, psychiatric issues, or other relevant medical issues. Please enclose recent lab results including a comprehensive urine drug screen, CBC, glucose, urea, creatinine, AST, ALT, GGT, TSH, and any other relevant investigations. **Referrals must include the patient's contact information.**

**Referrals can be sent to the CARMA Clinic at fax (204) 787-3996.**

### **Waitlist**

The waitlist is variable. Typically, the wait time for assessment is 1-3 months. Priority is given to individuals who are pregnant and individuals who have already initiated treatment planning with a community addictions agency. For more information, contact the CARMA Clinic Liaison, Talia Carter (Occupational Therapist) via phone at **(204) 787-2482.**

### **Treatment & Interim Options**

Based on a comprehensive assessment and/or diagnosis of substance use disorder, the CARMA Clinic may recommend **opioid agonist therapy (OAT)** with buprenorphine/naloxone (Suboxone) or methadone (treatments specifically for opioid use disorder), provide **taper or relapse-prevention medication recommendations**, and/or recommend **abstinence-based treatment** options. Recommendations may include suggestions for treatment of other co-occurring issues affecting recovery.

Please note treatment options in the community have their own respective waitlists. While the patient is waiting for an appointment with the CARMA Clinic, we strongly recommend they explore other resources:

- If the individual is abusing opioids, they should self-refer to **OAT Clinics** in the community. Contact information for clinics is listed below. Even if they are unable to get an intake appointment, they should place their names on the clinic waiting lists.
- They can also refer themselves to **Community Addiction Treatment Agencies** to initiate treatment planning (contact information listed below). Individuals can also attend the **Substance Use Support Groups** listed for immediate peer support.
- For individuals with chronic pain and overuse/misuse of prescribed pain medications, a Pain Clinic referral should be considered. We also recommend that if any investigations are required to rule out organic cause for chronic pain that these be initiated.
- If the patient is frequently seeking early refills we suggest limiting the amount prescribed at one time, with restricted dispensing intervals, a therapeutic contract, and use of urine drug screening for monitoring of prescribed/illicit drug use.
- Please order a comprehensive urine drug screen; results can be sent with the referral or forwarded upon receipt. A comprehensive UDS has advantages over a street UDS as it specifically identifies which drugs/medications a patient is, or is not, taking.

**Manitoba Addictions Helpline**

Central source for Adult Addiction Services

1-855-662-6605

<http://mbaddictionhelp.ca>

River Point Centre drop-in @ 146 Magnus Avenue

**Community Addiction Treatment Agencies**

Addictions Foundation of Manitoba (AFM)

Winnipeg Men's	204-944-6200
Winnipeg Women's	204-944-6229
Selkirk	204-785-2354
Brandon	204-729-3838
Gimli	204-642-5162
Ste. Rose	204-447-4040
Dauphin	204-622-2244
Thompson	204-667-7312
Behavioural Health Foundation	204-269-3430
Salvation Army Anchorage Program	204-946-9401
Pritchard House (NACM)	204-586-8395
St. Raphael Wellness Centre	204-956-6650

**Opioid Agonist Therapy (OAT) Clinics**

AFM MOST Winnipeg	204-944-7070
AFM MOST Brandon	204-729-3854
LifeSmart CARES	204-287-5220
Executive Medical Solutions	1-800-497-7352
Phoenix Recovery	204-586-4357
OATS	204-589-3999

**Rapid Access to Addictions Medicine (RAAM)** walk-in clinics 204-940-2177

**Crisis Response Centre** 817 Bannatyne Avenue

Regular Hours: Tuesdays, Wednesdays, and Fridays from 1 to 3 pm

**River Point Centre** 146 Magnus Avenue

Regular Hours: Mondays from 1 to 3 pm and Thursdays from 9:30 to 11:30 am

<http://mbaddictionhelp.ca/services/rapid-access-to-addictions-medicine-raam/>

**Substance Use Support Groups**

Alcoholics Anonymous	Winnipeg 204-942-0126	Manitoba 1-877-942-0126	<a href="http://www.aamanitoba.org">http://www.aamanitoba.org</a>
Narcotics Anonymous	204-981-1730		<a href="http://mascna.org/home.php">http://mascna.org/home.php</a>
Cocaine Anonymous	204-250-2626		<a href="https://camanitoba.org">https://camanitoba.org</a>
Meth Anonymous			<a href="https://humanrightshub.ca/organizations/name/crystal-meth-anonymous-manitoba/">https://humanrightshub.ca/organizations/name/crystal-meth-anonymous-manitoba/</a>
SOS			<a href="https://winnipegsos.com/">https://winnipegsos.com/</a>
SMART Recovery			<a href="https://www.smartrecoverytest.org/local/">https://www.smartrecoverytest.org/local/</a>
Recovery Dharma			<a href="https://recoverydharma.org/meetings?tsml-day=any&amp;tsml-query=Winnipeg">https://recoverydharma.org/meetings?tsml-day=any&amp;tsml-query=Winnipeg</a>