

The logo for CAPSA features the letters 'CAPSA' in a bold, white, sans-serif font. The letters are slightly overlapping and have a dynamic, energetic feel, with orange and white swooshes or motion lines trailing behind them, particularly under the 'P' and 'S'.

CAPSA

Bringing Expertise to Needed Systems Change

Impacting health outcomes related to substance use through evidence, compassion, and integrity.

About CAPSA

CAPSA is a national organization that helps to improve people's health concerning substance use.

We work with national, provincial and regional partners in government, healthcare and social service to improve information and resources for people in Canada to address their Substance Use Health.

Substance Use Health

CAPSA created the Principle of Substance Use Health to address systemic stigma.

Substance Use Health:

- Is a shift away from an illness focus
- Supports the health of the wider population
- Is equitable access to information and services at any point along the spectrum of use



Substance Use Spectrum

No Use

No use of substances

Beneficial

Positive health or social effects

Lower Risk

Occasional use that has negligible health or social effects

Problems Occurring

Use that has negative consequences for individuals, families, and/or communities

Substance Use Disorder

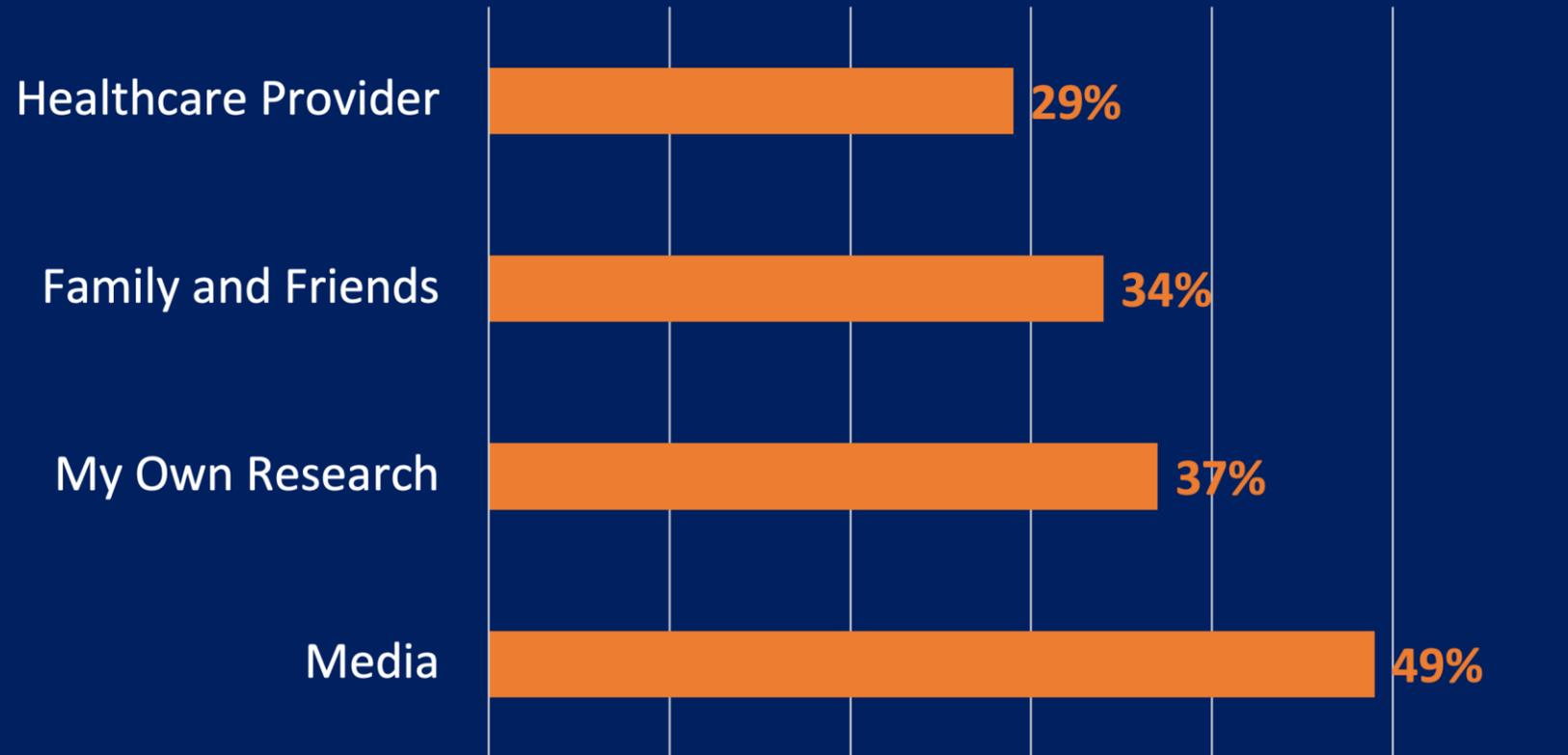
Diagnosable chronic medical condition based on 11 criteria listed in the DSM-5

What if you wanted to change or manage your substance use in some way (not quit)?

71% of people living in Canada don't know where to go.

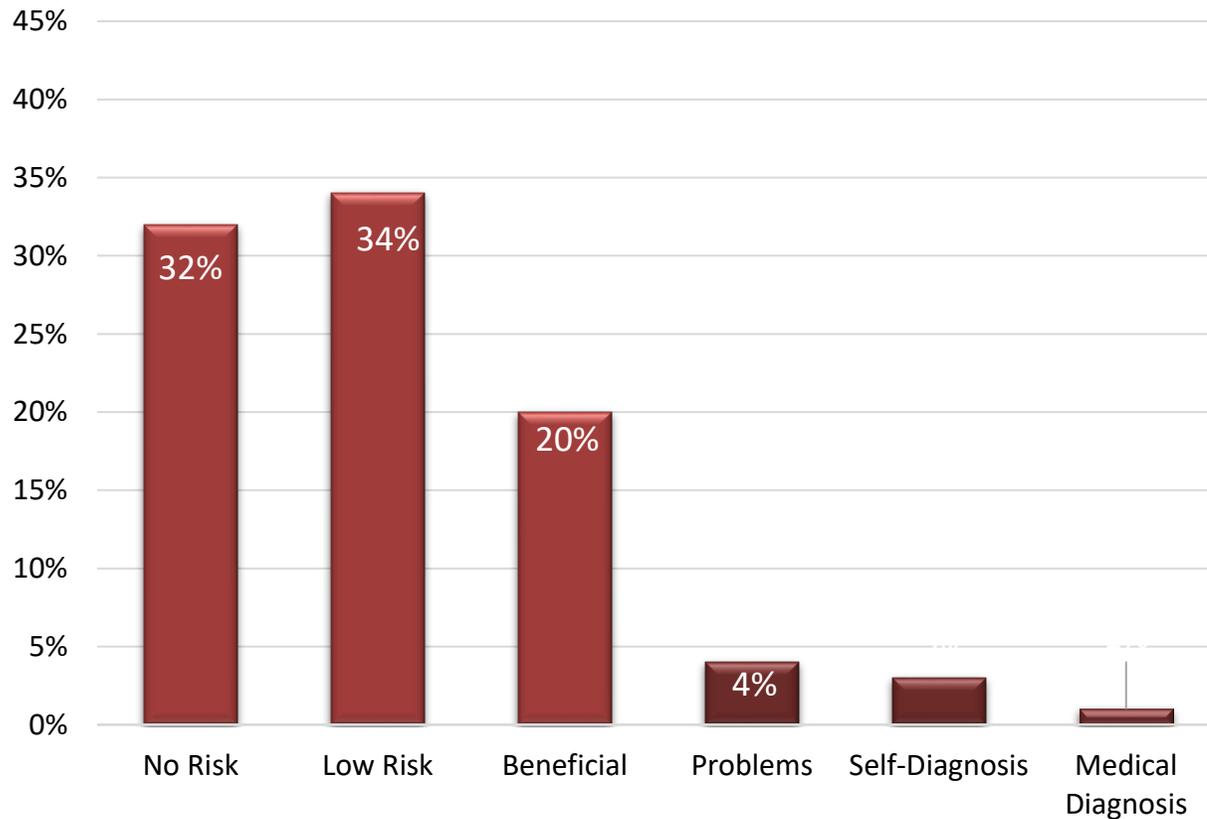
Of the **29%** who know, only **0.7%** think their doctor can help them.

Where are we getting information about substance use and health?

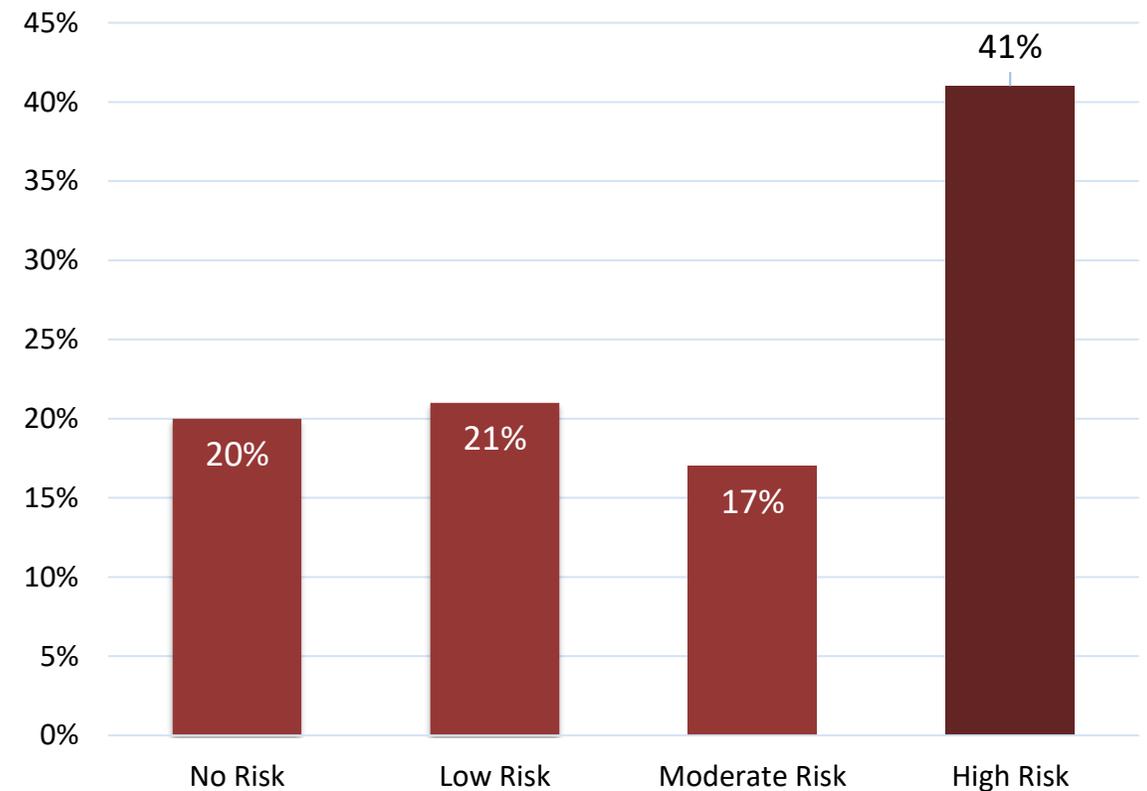


Uninformed decision-making: We don't have enough information. And we don't know we don't have enough information.

Self-reported Substance Use Risk of Survey Participants



Actual Substance Use Risk (Alcohol)



Canada's Guidance on Alcohol and Health: Final Report. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction. (2023).

The result is a population of people living in Canada with false beliefs about substance use...and systemic barriers to care.

22% of people surveyed believe “addiction” is a choice.

Either you have an “addiction”, *OR* you are healthy.

What does this mean for the Alliance?

The need for a health-promotion approach to substance use, with services to support people along a spectrum of use could not be clearer.

By adopting a Substance Use Health framework, CHCs are uniquely positioned to provide education, services and healthcare to address their communities Substance Use Health needs