

FACT SHEET

HOPE TO HEALTH RESEARCH & INNOVATION CENTRE



625 Powell Street
Vancouver, BC V6A 1H2



SCS: 604-416-2871
Clinic: 604-416-1517



www.bccfe.ca



About Us

Hope to Health Research & Innovation Centre (H2H) is a one-stop, low barrier healthcare model that opened in 2019. The 10,000-square-foot clinic in Vancouver's Downtown Eastside integrates a wide range of healthcare services and offers medical, psychological and social support under one roof. This holistic model for addiction treatment and care supports the whole person, enhances care efficiency, and significantly improves the patient experience by reducing the need to visit multiple locations for healthcare. Above all, the H2H model is patient-centred, aiming to understand each person's specific situation, priorities and personal objectives for treatment and care.

H2H is already experiencing significant successes, including keeping more than 90% of clients with substance use disorder engaged in opioid agonist therapy. Research has shown that increased engagement in care improves client outcomes and decreases the use of acute care services such as emergency rooms.

Services On Site



**SUPERVISED
CONSUMPTION SITE**



**PRESCRIPTION
ALTERNATIVES
TO ILLICIT DRUGS**



**PRIMARY
CARE CLINIC**



**CLINICAL &
BEHAVIOURAL
RESEARCH STUDIES**



**CLINICAL
RESEARCH
LABORATORY**



**PHARMACY
SERVICES**

Care Team

- Family Doctors
- Nurses
- Clinical Pharmacist
- Phlebotomist
- Registered Dietitian
- Physiotherapist
- Occupational and Vocational Therapists
- Clinical Psychologist/Behavioural Therapist
- Social Workers
- Peer Support Workers
- Medical Office Assistants



1,800 ENROLLED PATIENTS



90%+ RETENTION IN OPIOID THERAPY



14,000 VISITS IN 2023

Based on Treatment as Prevention® Model

H2H is led by Dr. Julio Montaner, a globally renowned physician who pioneered the Treatment as Prevention (TasP®) model that led to the virtual end of the domestic HIV epidemic in British Columbia. Under the TasP model, the BC Centre for Excellence in HIV/AIDS (BC-CfE) first identifies the populations most affected and at risk for a targeted high impact disease such as substance use disorder. It then identifies highly effective management strategies – such as those offered at Hope to Health – to decrease mortality, morbidity and transmission of that disease.

While HIV is a transmissible virus, substance use is a social contagion and research shows that the initiation of injection drug use is shaped by social and structural factors. When substance users are on therapeutic levels of treatment, they are at a greatly reduced risk of fatal overdose and behaviours such as theft, drug dealing, and open drug use in public places.

1980

AIDS
detected

1988

Dr. Montaner appointed
Director of the HIV Clinic at
St. Paul's Hospital

1992

BC Centre for Excellence in
HIV/AIDS established at
St. Paul's Hospital

1996

HAART therapy found to
suppress viral replication
in AIDS patients

2006

Dr. Montaner presents
HIV/AIDS strategy called
Treatment as Prevention

2012

BC reports 90% reduction in
AIDS-related disease and death

2013

TasP incorporated in WHO HIV/
AIDS treatment guidelines

2018

Pre-Exposure Prophylaxis (PrEP)
provincial program launched,
provided free to those in BC at
high risk of HIV

2019

H2H opens, expands TasP to
other conditions including
substance use

2020

H2H supervised
consumption site opens

2023

BC announces virtual end of
domestic HIV epidemic

2024

H2H supervised
inhalation site to open

2025

Ambulatory
dispensary to open

FAQ

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What is the Hope to Health Research & Innovation Centre?

H2H is a one-stop, holistic, low barrier, easy to navigate and client-centred healthcare model. The 10,000-square-foot clinic integrates a wide range of healthcare services, including primary care, addiction treatment programs, onsite pharmacy, drug testing, various therapeutic interventions such as occupational therapy, physiotherapy, a supervised consumption site, prescribed alternatives program and dietary counselling, a clinical and research laboratory and behavioural research programs and diagnostic services like ECG and blood work.

H2H is already experiencing significant successes, including keeping more than 90% of clients with substance use disorder engaged in opioid agonist therapy. Research has shown that increased engagement in care improves client outcomes and decreases the use of acute care services such as emergency rooms.

What is the Treatment as Prevention® strategy?

BC-CfE, led by Dr. Julio Montaner, pioneered the innovative Treatment as Prevention® (TasP®) strategy. The TasP strategy emphasizes early and sustained access to treatment and care for those living with HIV and Pre-Exposure Prophylaxis (PrEP) at no cost for those who are at high risk of contracting HIV. This treatment stops HIV from progressing to AIDS, increases life expectancy, dramatically reduces transmission and saves the government money. BC-CfE has virtually ended the domestic HIV epidemic in BC through the TasP strategy and has now applied the TasP strategy to therapeutic areas beyond HIV, including substance use disorders, at Hope to Health.

How does the Treatment as Prevention® strategy work to address substance use disorder?

H2H is building on the success of the BC-CfE and its TasP strategy in combatting HIV/AIDS to now address substance use disorders. TasP first identifies the population(s) most affected and at risk for morbidity, morbidity and transmission for a targeted high impact disease such as substance use disorder. It then identifies highly effective management strategies to decrease mortality, morbidity and transmission of that particular disease.

What makes the Hope to Health care model different than previous treatment options?

H2H is a proactive and comprehensive healthcare model that integrates medical, psychological and social support under one roof. It aims to address all aspects of a client's health and needs and is not bound by traditional clinic service limitations or single disease or treatment focus. This holistic model not only supports the whole person and enhances care efficiency, but also significantly improves the patient experience by reducing the need for those in need to visit multiple locations for healthcare.

Above all, the H2H healthcare model is patient-centred. We first aim to understand each person's specific situation, priorities and personal objectives whether that's to reunite with family, regain their health or rediscover a hobby, to create a constellation of care and recovery that works for them. About 85% of clients at H2H are empowered – i.e. clients who have set their own health goals and crafted a care plan with their care team to meet those goals. By keeping people from dying from toxic drug overdoses, supporting them with treatment and holistic care and empowering them to achieve their own goals, they are able to make positive health choices, resulting in improved outcomes.

What are the different healthcare professionals and treatment programs available at Hope to Health to support patients who use drugs?

Staffing at H2H consists of family doctors, social workers, peer workers, licensed practical nurses, registered nurses, a behavioural consultant, a pharmacist, onsite psychiatrist, and a phlebotomist for blood work. A triage team first determines the immediate needs of each client to appropriately guide them towards holistic primary and specialty care, ultimately supporting rehabilitation and recovery wherever possible. For clients who are ready, Opioid Agonist Therapy is offered, a proven treatment for opioid use disorder that supports clients in switching from toxic illegal drugs to safer alternatives (agonists) such as methadone to prevent overdose deaths and reduce cravings for toxic drugs.

What are syndemics, and how do they relate to Hope to Health's treatment of substance use disorder?

H2H is based on a model of care that addresses syndemics (co-morbidities) – overlapping medical and psychosocial issues that interact, reinforce and worsen one another, disproportionately burdening vulnerable populations such as those who consume drugs with a snowballing effect on their overall health. Clients at H2H have multiple and complex co-morbidities – for instance, a client could be struggling with addiction, have mental health issues and uncontrolled diabetes at once. We offer equitable access to care, and a combination of services and healthcare professionals designed to ensure all patients' varied needs are supported. This allows us to develop relationships based on trust and keep more people in treatment and work in partnership with them as they address their complex health issues and work towards recovery.

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