



NEWS & UPDATES

INTERNATIONAL OVERDOSE AWARENESS DAY – KNOCK STIGMA OUT OF THE PARK

On **Wednesday, August 26th, 2026**, we will come together as a community to recognize International Overdose Awareness Day — a day to remember those we have lost, support those affected by substance use, and raise awareness that overdose is preventable.



Join us for **“Knock Stigma Out of the Park,”** a community baseball game taking place from **2:00 p.m. to 4:00 p.m. at the Bancroft Baseball Diamond**. This afternoon will bring our community together through baseball, connection, compassion, education, and remembrance.

Overdose affects individuals, families, friends, and communities. By talking openly about substance use and harm reduction, we can help reduce stigma, encourage people to seek support, and ultimately save lives. Whether you come to play, cheer on the teams, learn about local supports, or simply show your support, everyone is welcome.

AVAILABLE GROUP SESSIONS



OPEN GROUPS & CLASSES

- SMART Recovery
- Heart Health
- Healthy You
- Prediabetes
- Tools for Weight Management



REFERRAL BASED – PAUSED FOR SUMMER

- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Diabetes Activity Program



ADDICTION SUPPORT



Mon

RAAM Drop-In

12:00 PM –
3:00 PM



Tue

RAAM Drop-In

9:00 AM –
11:00 AM

SMART Recovery

1:30 PM –
2:30 PM



Wed

RAAM Drop-In

1:00 PM –
5:30 PM



To register for our
internal waiting list
visit our office and
complete an application,
or visit our website at

bcfht.org/join-our-waiting-list/

OR



To register with
Healthcare Connect,
call **811** or visit

ontario.ca/healthcareconnect

NPs help patients stay connected to care

Assessment. Diagnosis. Treatment. Follow-up.



UNDERSTANDING THE ROLE OF NURSE PRACTITIONERS

Did you know that Nurse Practitioners (NPs) can provide comprehensive primary care and perform many of the same functions as family physicians?

Nurse Practitioners are registered nurses with advanced education and specialized training in diagnosing and managing health conditions. As primary care providers, NPs can assess patients, diagnose illnesses and conditions, develop treatment plans, prescribe medications, order and interpret laboratory tests and diagnostic imaging, and refer patients to specialists when needed.

NPs provide care for a wide range of health concerns, including acute illnesses, infections, chronic conditions, mental health concerns, preventative care, and routine health assessments. They can also help manage conditions such as diabetes, high blood pressure, asthma, COPD, and heart disease, while supporting patients with healthy lifestyle changes and overall wellness.

NPs provide care across the lifespan and play an important role in helping people access timely, comprehensive, and patient-centred primary care. They work collaboratively with physicians, nurses, pharmacists, social workers, dietitians, mental health professionals, and other members of the healthcare team to ensure patients receive the right care and support.

While there are differences in education and professional roles between NPs and physicians, both are qualified primary care providers who can diagnose, treat, and manage a broad range of health concerns. Patients can expect high-quality, evidence-based care from both family physicians and Nurse Practitioners.

As Ontario continues to experience a shortage of family physicians, NPs are playing an increasingly important role in ensuring people have access to comprehensive primary care. At the Bancroft Community Family Health Team, our Nurse Practitioners are an integral part of our multidisciplinary team, working alongside our physicians and other healthcare professionals to provide accessible, coordinated, and patient-centred care to our community.

Common Misconceptions About Addiction Support & RAAM Clinics

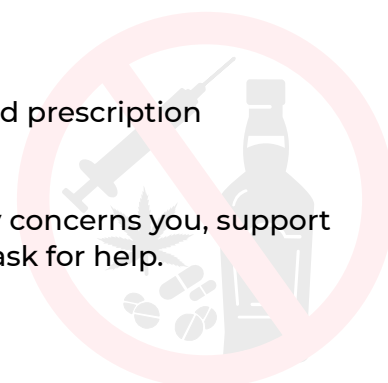
Myth	Fact
“RAAM is only for people using street drugs or meth.”	Addiction support is not limited to illicit drugs. RAAM clinics can support people experiencing problems with alcohol, prescription medications, opioids, stimulants and other substances. If your substance use has become difficult to control or is affecting your health, relationships, work or daily life, support is available.
“I’m only taking medication that was prescribed to me, so I can’t have an addiction.”	Prescription medications can also become addictive or lead to problematic use. You don't have to be buying drugs on the street to need support.
“I drink alcohol, but I’m not an ‘addict.’”	Alcohol is a substance, and alcohol use can become problematic or dependent over time. You don't need to fit a certain stereotype to benefit from addictions support.
“You have to be ready to quit before you come to RAAM.”	You don't have to be ready to stop completely. You can come to talk about your substance use, explore your options, reduce your use or learn about treatment.
“RAAM is only for people with severe addictions.”	You don't have to wait until your substance use reaches a crisis. Early support can help prevent problems from becoming more serious.
“RAAM means I have to go to rehab.”	RAAM is not residential treatment. It provides medical and addiction support and can connect you with other services when needed.
“RAAM only treats opioid addiction.”	RAAM clinics can support a range of substance use concerns, including alcohol and prescription medication use, depending on the services available at the clinic.
“RAAM prescribes methadone.”	Our RAAM clinic does not prescribe methadone. Our team can discuss appropriate treatment options and connect individuals with other services when a treatment we don't provide is needed.
“If I relapse, treatment didn't work.”	Recovery isn't always a straight line. A return to substance use is an opportunity to reassess treatment and provide additional support—not a reason to give up.
“I have to hit rock bottom before I ask for help.”	You don't have to wait for a crisis. If you're concerned about your substance use, that's enough reason to start a conversation.

Addictions Support Is for More People Than You Think

Addiction isn't limited to street drugs, methamphetamine or opioids. Alcohol and prescription medications can also lead to dependence or problematic use.

If your substance use is affecting your health, relationships or daily life, or simply concerns you, support is available without judgment. You don't have to wait for things to get worse to ask for help.

Call or Text our RAAM Team
Nursing - 613-403-1733 | Counselling - 613-403-0784



RAAM TEAM HITS THE FOAM AS THE “DETOX DASHERS”!

On Saturday, July 18th, members of the Rapid Access Addiction Medicine (RAAM) team from both the Bancroft Community Family Health Team and CMHA HPE Addictions and Mental Health came together in Wasaga Beach to take part in the 5K Foam FEST!

Representing our RAAM partnership, the team proudly took on the challenge as the “Detox Dashers” trading weekend plans for running shoes, foam, and plenty of laughs! The event was a fantastic opportunity to get active, have some fun, and connect with colleagues outside of the usual clinical setting.



The RAAM program is built on collaboration, bringing together healthcare, addiction, and mental health professionals to provide accessible, timely, and compassionate support to individuals experiencing substance use concerns. The partnership between the Bancroft Community Family Health Team and CMHA HPE Addictions and Mental Health allows our teams to work together to provide a more connected approach to care for individuals and families in our community.

Events like the 5K Foam Fest are a great reminder of the strength of community partnerships. We're proud to work alongside our partners, raise awareness, and have a little fun along the way! We're incredibly proud of our RAAM team and the important work they do every day to make a difference in our community.



www.bcfht.org 613-332-1565

FAMILY HEALTH TEAM

- Shannon Folz – 8 Years



WORK ANNIVERSARY CELEBRATIONS

AUGUST 2026

MEDICAL CLINIC

- Jenna Dillabough – 5 Years