



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada



# National Inventory of Mental Health and Substance Use Services and Supports

FOR PEOPLE TRANSITIONING OUT  
OF THE CRIMINAL JUSTICE SYSTEM

*Ce document est disponible en français*

**Citation information**

Suggested citation: Mental Health Commission of Canada. (2021). *National inventory of mental health and substance use services and supports for people transitioning out of the criminal justice system*. Ottawa, Canada: Mental Health Commission of Canada.

© 2021 Mental Health Commission of Canada

The views represented herein solely represent the views of the Mental Health Commission of Canada.

ISBN: 978-1-77318-253-7

Legal deposit National Library of Canada



Health  
Canada

Santé  
Canada

The views represented herein solely represent the views of the Mental Health Commission of Canada.  
Production of this material is made possible through a financial contribution from Health Canada.

## Table of Contents

Introduction. . . . .	4
-----------------------	---

### **National and multi-jurisdictional.....6**

Canadian Mental Health Association (CMHA) local and regional branches. . . . .	7
Elizabeth Fry Society local/regional programs . . .	8
Friendship Centres . . . . .	9
John Howard Society local/regional services. . .	10
PASAN. . . . .	11
Rapid Access Addiction Medicine (RAAM) clinics . . . . .	12
St. Leonard's Society local community services and affiliate agencies . . . . .	13

### **Alberta .....14**

Corrections Transitions Team (Calgary Health Zone) . . . . .	16
Corrections Transitions Team – Mental Health (North Zone) . . . . .	17
Corrections Transitions Team (South Zone) . . .	18

### **British Columbia .....19**

Community Transition Teams . . . . .	21
L.I.N.C. Society . . . . .	22
Phoenix Society treatment programs. . . . .	23
Prince George Activator Society . . . . .	24
Unlocking the Gates Services Society peer health mentoring program. . . . .	25

### **Manitoba .....26**

Addiction Treatment Services Program . . . . .	28
Community Mental Health Worker Program . . .	29
Wiisocotatiwin – Assertive Community Treatment (ACT). . . . .	30

### **New Brunswick .....31**

Community Mental Health Centres (CMHCs) . . .	33
---	----

### **Newfoundland and Labrador .....34**

Justice Program. . . . .	36
Safe Harbour Outreach Project (SHOP) . . . . .	37
Stella's Circle . . . . .	38

### **Northwest Territories .....39**

Arctic Indigenous Wellness Foundation (AIWF) programs . . . . .	41
NWT Community Counselling Program . . . . .	42

### **Nova Scotia .....43**

Stepping Stone. . . . .	45
-------------------------	----

### **Nunavut .....46**

Iqaluit Community Tukisigiavik Society . . . . .	48
--	----

### **Ontario .....49**

Aboriginal Health Access Centres (AHACs) . . .	52
Aboriginal Mental Health and Addictions Services. . . . .	53
Across Boundaries . . . . .	54
The Bridge . . . . .	56
Knowledge and Power of Women (KAPOW) . . .	57
Mental Health and Justice Initiative. . . . .	58
Mental Health and Justice: Prevention Program and Release Planning Case Management Program . . . . .	59
Psychiatric Survivors of Ottawa . . . . .	60

### **Prince Edward Island .....61**

### **Quebec .....63**

Diogène . . . . .	66
Maison St-Léonard and Service Oxygène . . . . .	67
Minowé Clinic . . . . .	69

### **Saskatchewan .....70**

Métis Addictions Council of Saskatchewan (MACSI) Centres. . . . .	72
---	----

### **Yukon .....73**

Mental Wellness and Substance Use Services. . . . .	75
---	----

Propose a new resource to be included in this inventory . . . . . 77

Appendix: Glossary of terms . . . . . 78

# Introduction

This inventory was created to establish a living directory of community-based mental health and substance use services and supports throughout Canada for people who are transitioning from the criminal justice system into the community. It will be updated over time to ensure its currency and help reduce barriers to service access often experienced by people who are re-entering the community.

While a range of community mental health and substance use services and supports exists for people transitioning from correctional settings, access can vary based on factors such as location, status in the criminal justice system (provincial/territorial versus federal jurisdictions), conditions of release, exclusion criteria, space, referrals, and cost. Moreover, Indigenous service users may experience different levels of access depending on their status under the *Indian Act*.

This inventory seeks to facilitate connections to community-based supports and services that go beyond standard correctional discharge and release planning.

In some cases, mental health and substance use programming may begin during correctional custody, which may be followed by maintenance programming in the community. For some, this pattern of care is a prerequisite for program participation, although, there can be a lot of variation. For example, people on parole from a federal sentence may have access to mental health and substance use services provided by Correctional Service Canada, whereas people released from a provincial/territorial institution or on probation can access certain services with a referral from their probation officer. These services may also be accessed by people on bail or awaiting trial. Once a sentence is complete, including any parole or probation time, individuals can typically access community-based mental health and substance use services and supports in the same manner as the general population.

## What you'll find in this inventory

The first section includes national organizations and those with multi-jurisdictional networks of programs. Each entry includes contact information and an overview of the main programs and services being offered. These programs were identified as key for providing relevant services and making mental health and substance use service connections for people transitioning from correctional, or other criminal justice, settings.

The subsequent sections list relevant services and supports in each province and territory. A short summary of the broader mental health and substance use services and supports available in these jurisdictions is also provided.

Each section starts with a selection of service navigation and crisis lines. These listings are not exhaustive and are intended to complement the inventory by providing additional useful resources.

In some cases, service provision, advocacy, and connections may extend well beyond mental health and substance use supports. They might include other supports deemed essential for successful transition into the community, such as housing, legal assistance, financial support, education, and family and child-care support. While listing all branches or offices associated with these national networks is beyond the scope of the inventory, it provides the information needed to find relevant services locally. However, it is important to note that not all local branches and affiliates have the same capacity to tailor their services for specific populations.



**In recognizing the growing public awareness of systemic inequities (especially in relation to the criminal justice system) and the increasing expectation of cultural and gender parity and safety in service design and access, this inventory seeks to reduce barriers for people who are transitioning into the community by adding new and existing programs and services.**

**Where programming is offered by correctional authorities during custody, there may be opportunities to continue participation with community agencies upon release. Such agencies can help transition service users with programming that supports life skills, employment, special housing (including healing lodges), mental health and addiction interventions, and/or crisis counselling, depending on the facility.**

[Learn more](#)

## How this inventory was developed

The development of the search strategies and consultations that informed this inventory focused primarily on community-based mental health and substance use services and supports specific to people who are transitioning away from the criminal justice system. But the inventory also includes a number of programs that are available to a wider population, particularly if the services or scope seemed promising for those who are transitioning away from correctional settings. Some general services are also included, based on what was available in each jurisdiction.

With a few exceptions (where noted), the inventory does not include:

- mental health and substance use programs embedded in correctional institutions
- therapeutic residences run by Correctional Service Canada (although some programs are included that are available only to people who are, or were recently, incarcerated)
- mental health and wellness courts
- drug treatment courts
- forensic mental health hospital settings (those designed primarily for people found not criminally responsible on account of mental disorder or deemed unfit to stand trial).

Importantly, there are other health and social services and supports that are essential for successful transitions from the criminal justice system into the community. These include:

- housing supports (e.g., affordable housing programs, information for rental tenants)
- financial supports and employment assistance (e.g., financial assistance, employment insurance information, clothing for work)
- legal aid and assistance
- family and child-care services
- identification services (e.g., ID card information).

Such services help support individual needs related to mental health and substance use. While these types of services and supports were beyond the scope of this project, the research found that there was a significant need for them. These themes have therefore been given more coverage in the accompanying [project report](#).

This inventory is also highly complementary to recent and ongoing work by the Canadian Association of Elizabeth Fry Societies (CAEFS). In their [Breaking the Cycle](#) project, CAEFS staff members across Canada have looked at various services and supports for criminalized women and gender-diverse people. Among other goals, this project aims to build community capacity and ensure that women and gender-diverse individuals are aware of services and supports they may need upon re-entry to the community.

## Notes on inventory language and content

For open-answer fields regarding program description/objectives, span of services and supports, specific populations served, and additional notes, this inventory relies primarily on wording from publicly available program information. However, many small changes have been made to the language to ensure greater consistency and the use of non-stigmatizing terms (e.g., “offenders” and “inmates” have been replaced). Please refer to the [Appendix: Glossary of Terms](#).

“Not specified” was used for a number of categories to capture cases where information was not readily found/available or otherwise unclear.

The category “supporting evidence/evaluation available online” was used to capture whether program websites had links to available research they were involved in (or were the subject of) or made explicit reference to their services and supports, as informed by evidence. Where evidence was readily cited or available, more information is provided under the “additional notes” field.



**The Mental Health Commission of Canada (MHCC) is unable to comment on the quality of individual programs or services. Consequently, their inclusion in this inventory should not be considered an endorsement of particular programs or organizations.**

**This inventory is also by no means exhaustive. It represents services and supports identified over a relatively short period (September 2020 to February 2021) and was developed without a dedicated system of representatives or points of contact for each province and territory. One notable gap is a lack of programs and services specific to First Nations, Inuit, and Métis. The MHCC is therefore committed to updating this inventory as resources that address such gaps are identified.**

**For more information about how the inventory was developed, see the accompanying [project report](#).**

**This inventory is based on program information available online. Not all organizations indicate specific populations, but they may still offer programs or services tailored to particular population groups.**

## National and multi-jurisdictional organizations and programs

**211** is a helpful online service navigation tool that is available in multiple languages and in many jurisdictions across Canada.

Visit: [211.ca](https://211.ca)

Call: 211

**Crisis Services Canada** is a national resource that provides a listing of local telephone lines that provide vital resources for people in need of assistance during a personal crisis.

Visit: [crisisservicescanada.ca](https://crisisservicescanada.ca)

Call: 1-833-456-4566

Text: 4564



# Canadian Mental Health Association (CMHA) local and regional branches

<b>Agency/organization/provider name:</b> Canadian Mental Health Association		<b>Province/territory where located:</b> Multiple	
<b>Geographic reach or focus of program:</b> National		<b>Language of services:</b> English and French	
<b>Contact information:</b> Phone: 416-646-5557 Email: <a href="mailto:info@cmha.ca">info@cmha.ca</a> <i>Note: Local branches have additional local contacts</i>  <b>Website:</b> <a href="http://cmha.ca/find-your-cmha">cmha.ca/find-your-cmha</a> for local branches across Canada  <b>Main address:</b> 250 Dundas Street West, Suite 500, Toronto, ON M5T 2Z5 (national)  <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> For some services	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes	
<b>Program description and objectives:</b> CMHA is the most established and extensive community mental health organization in Canada, with a presence in more than 330 communities. The organization provides advocacy, programs, and resources to more than 1.3 million Canadians, helping prevent mental illness, supporting recovery and resilience, and enabling all people in Canada to thrive. With one national office, 11 divisions in all provinces and one territory, and 75 community-based branches/regions, CMHA facilitates access to the resources people need to maintain and improve their mental health and community integration.		<b>Span of services and supports:</b> Local CMHA branches provide a range of services that connect people to resources to address mental health concerns and illnesses. In some regions, there are local CMHA programs that are especially relevant for people who have been in contact with the criminal justice system. For example, Getting Appropriate Personal and Professional Support (GAPPS) is a partnership program in Ontario that engages with persons with serious, unstable, or complex mental illness, addiction, and social issues (e.g., homelessness). GAPPS clients often have difficulty engaging with traditional services and may not access services in times of need.  CMHA Ontario also provides support to the Provincial Human Services and Justice Coordinating Committee, a cross-sectoral collaborative that coordinates resources, services, and plans for people who are involved in the criminal justice system.	

## Additional notes:

CMHA branches manage numerous evidence-based mental health and substance use programs.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Elizabeth Fry Society local/regional programs

<b>Agency/organization/provider name:</b> Canadian Association of Elizabeth Fry Societies		<b>Province/territory where located:</b> Multiple
<b>Geographic reach or focus of program:</b> National		<b>Language of services:</b> English and French
<b>Contact information:</b> Phone: 1-800-637-4606 Email: <a href="mailto:admin@caefs.ca">admin@caefs.ca</a> <i>Note: Local branches have additional local contacts</i>  <b>Website:</b> <a href="https://caefs.ca/get-in-touch">caefs.ca/get-in-touch</a> for regional advocacy teams across Canada  <b>Main address:</b> 190 Bronson Avenue, Ottawa, ON K1R 6H4 (national)  <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● First Nations, Inuit, and/or Métis</li> <li>● Women</li> <li>● 2SLGBTQ+</li> <li>● Other (gender-diverse individuals)</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> For some services
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes
<b>Program description and objectives:</b> At the national level, the Canadian Association of Elizabeth Fry Societies (CAEFS) does not provide direct services, but instead takes on key issues that affect criminalized women and gender-diverse people in Canada. This national advocacy includes defending the rights of people who are incarcerated, building capacity, and raising awareness. As an organization, CAEFS is focused on prison abolition.		<b>Span of services and supports:</b> The 24 local Elizabeth Fry societies across the country provide a range of specialized services to support mental health and address substance use needs among women and gender-diverse individuals. For example, the Elizabeth Fry Society of Peterborough in Ontario offers community services such as a series of groups and one-on-one supportive counseling. These programs include anger solutions, self-esteem, life skills, and healthy relationships.

## Additional notes:

Many local Elizabeth Fry services are evidence-informed. Local Elizabeth Fry Societies were mentioned by a number of stakeholders consulted for this inventory due to the specific work they do.

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.



# Friendship Centres

<b>Agency/organization/provider name:</b> National Association of Friendship Centres		<b>Province/territory where located:</b> Multiple
<b>Geographic reach or focus of program:</b> National		<b>Language of services:</b> English, French and others
<b>Contact information:</b> Phone: 613-563-4844 or 877-563-4844 For national contacts, see: <a href="https://nafc.ca/contact-us?lang=en">nafc.ca/contact-us?lang=en</a> <i>Note: Local branches have additional local contacts</i>  <b>Website:</b> <a href="https://nafc.ca/friendship-centres/find-a-friendship-centre">nafc.ca/friendship-centres/find-a-friendship-centre</a> for local Friendship Centres  <b>Main address:</b> 275 MacLaren Street, Ottawa, ON K2P 0L9 (national)  <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b>  <input checked="" type="radio"/> First Nations, Inuit, and/or Métis
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Not specified
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes
<b>Program description and objectives:</b>  The National Association of Friendship Centres is a network of more than 100 Friendship Centres and provincial/territorial associations that represent the interests of Friendship Centres from coast to coast to coast. The Friendship Centre Movement is the country's most significant off-reserve Indigenous service delivery infrastructure, helping Indigenous people access the vital services they need to succeed in urban settings across Canada. Friendship Centres understand the challenges facing communities and have a unique wrap-around service delivery model.		<b>Span of services and supports:</b>  Across the country, Friendship Centres provide culturally appropriate services for Indigenous people living in urban centres, and have become a place for Indigenous and non-Indigenous people to come together, share traditions, and learn from one another.  Services vary by centre, but can include substance use support, wellness and peer counselling, and healing ceremonies. For example, the United Native Friendship Centre's Aboriginal Drug and Alcohol Program ( <a href="https://unfc.org">unfc.org</a> ) offers one-on-one counselling, group counselling, education and prevention programs, and treatment referral programs. It also provides an Indigenous mental health and wellness program that offers peer counselling and traditional healing ceremonies to address community-based mental health and well-being concerns.

## Additional notes:

The research and resources section of the National Association of Friendship Centres can be found at [nafc.ca/resources/research?lang=en](https://nafc.ca/resources/research?lang=en).

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# John Howard Society local/regional services

<b>Agency/organization/provider name:</b> John Howard Society of Canada and provincial/territorial John Howard Societies		<b>Province/territory where located:</b> Multiple
<b>Geographic reach or focus of program:</b> National		<b>Language of services:</b> English and French
<b>Contact information:</b> Phone: 613-384-6272 Email: <a href="mailto:national@jhscan.wpengine.com">national@jhscan.wpengine.com</a> <i>Note: Local branches have additional local contacts</i>  <b>Website:</b> <a href="http://johnhoward.ca/services-across-canada">johnhoward.ca/services-across-canada</a> for branches and affiliates across Canada  <b>Main address:</b> 809 Blackburn Mews, Kingston, ON K7P 2N6 (national)  <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> For some services
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes

## Program description and objectives:

John Howard Society of Canada is a federation of provincial/territorial and local societies whose goals are to

- understand and respond to issues related to crime
- work with people who have come into contact with the criminal justice system
- review, evaluate and advocate for changes in the criminal justice process
- engage in public education on matters involving criminal law and its application.

John Howard Society has branches and offices in more than 60 communities across Canada, provincial offices in all 10 provinces and the Northwest Territories, and a national office in Kingston, Ontario. Local branches and affiliates are associated with their respective provincial/territorial societies. Direct service to individuals is delivered primarily by the local branches and affiliates. The provincial/territorial societies work mainly on reform and community education activities, and also provide administrative support for the branches and affiliates. There are currently no provincial societies for Nunavut or Yukon.

## Span of services and supports:

Local branches and affiliates provide a range of specialized services that connect people transitioning from incarceration with various community supports, including mental health and substance use services. John Howard Society does not maintain a national inventory of transitional supports largely because its local offices are community oriented and tend to know what other services and supports are available in the communities to which they provide service.

## Additional notes:

Most John Howard Society direct service programs are delivered under contract with the Correctional Service of Canada and therefore must meet the Service's requirements. Programs open and close based on demand, so the list of what is available changes often. Many stakeholders consulted for this inventory mentioned local John Howard Societies as key sources of mental health and substance use services and supports for people transitioning into the community.

Available evidence does not apply to every program/service, but reflects how John Howard Society operates in general and how some programs are evaluated.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# PASAN

<b>Agency/organization/provider name:</b> PASAN		<b>Province/territory where located:</b> Ontario	
<b>Geographic reach or focus of program:</b> National		<b>Language of services:</b> English and French	
<b>Contact information:</b> Phone: 1-866-224-9978 Email: N/A Find specific staff contacts at: <a href="https://pasan.org/our-team.html">pasan.org/our-team.html</a> <b>Website:</b> <a href="https://pasan.org">pasan.org</a> <b>Main address:</b> 526 Richmond Street East, Toronto, ON M5A 1R3 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>2SLGBTQ+</li> <li>Immigrant, refugee, ethno-cultural, and/or racialized communities</li> <li>Other (people who are or were incarcerated; people living with HIV and/or hepatitis C (HCV))</li> </ul>	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> No	
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> Yes	
<b>Program description and objectives:</b> PASAN is a community-based health and harm reduction organization that provides support, education, and systemic advocacy to people who are currently or were formerly incarcerated across Canada. Although based in Ontario and closely connected to other services and supports in the province, PASAN's reach and unique prisoner health advocacy focus give the organization a national profile.		<b>Span of services and supports:</b> In addition to various community support services, PASAN offers relevant individual support services including <ul style="list-style-type: none"> <li>individual support and counselling</li> <li>case management</li> <li>pre-release and post-release planning</li> <li>referrals</li> <li>advocacy for medical services</li> <li>housing supports</li> <li>phone support through collect calling.</li> </ul> PASAN also conducts prison-based health advocacy and provides free training for people working with prison-affected populations and people who use drugs. Training topics include HIV and prison, harm reduction, the impact of segregation, and stigma and discrimination.	



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

PASAN is the only community-based organization in Canada providing HIV and HCV prevention, education, and support services exclusively to people who are currently or were formerly incarcerated and their families. Much evidence supports the need for targeted in-reach and support for this population. PASAN has been involved in research studies (some of which are noted on its website) on these issues, including the need for harm reduction services for this population.

# Rapid Access Addiction Medicine (RAAM) clinics

<b>Agency/organization/provider name:</b> Various agencies (e.g., community health centres)		<b>Province/territory where located:</b> Multiple	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> See local RAAM clinic websites for contact details. <b>Website:</b> Ontario RAAM clinics: <a href="https://metaphi.ca/raam-clinics/">metaphi.ca/raam-clinics/</a> Manitoba RAAM clinics: <a href="https://mbaddictionhelp.ca/services/rapid-access-to-addictions-medicine-raam">mbaddictionhelp.ca/services/rapid-access-to-addictions-medicine-raam</a> Saskatchewan RAAM clinics: <a href="https://paphr.ca/services/addiction-mental-health-services/rapid-access-to-addictions-medicine">paphr.ca/services/addiction-mental-health-services/rapid-access-to-addictions-medicine</a> Alberta RAAM clinics: (central page TBD) <b>Main address:</b> N/A <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes	
<b>Program description and objectives:</b> RAAM clinics are low-barrier walk-in clinics where people can get help for substance use without appointments or formal referrals. RAAM clinics meet people where they are and help them build care plans that fit their recovery goals.		<b>Span of services and supports:</b> Most RAAM clinics have psychiatrists, nurse practitioners, nurses, addictions counsellors, peer support workers, and social workers on staff. They generally provide time-limited medical addiction care, including pharmacotherapy, brief counselling, and referrals to community services. Related services may include substance use and concurrent mental health diagnoses, harm reduction, solution-focused counselling, pharmacotherapy, and delivery of trauma-informed care.	



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

In Ontario, RAAM clinics are covered by the provincial health care plan and are intended to fill a void in the addiction treatment system by providing patients with immediate access to evidence-based addiction care. These clinics are accessible without appointment or medical referral.

# St. Leonard's Society local community services and affiliate agencies

<b>Agency/organization/provider name:</b> St. Leonard's Society of Canada		<b>Province/territory where located:</b> Multiple
<b>Geographic reach or focus of program:</b> National		<b>Language of services:</b> English and French
<b>Contact information:</b> Phone: 613-233-5170 Email: <a href="mailto:info@stleonards.ca">info@stleonards.ca</a> <i>Note: Local branches have additional local contacts</i> <b>Website:</b> <a href="https://stleonards.ca/view-all/">https://stleonards.ca/view-all/</a> for affiliates across Canada <b>Main address:</b> 208-211 Bronson Avenue, Ottawa, ON K1R 6H5 (national) <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>Other (clients are primarily people transitioning away from federal correctional institutions)</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> Yes
<b>Program description and objectives:</b> St. Leonard's Society of Canada is a membership-based charitable organization dedicated to promoting humane and informed justice policy and responsible leadership to foster safer communities. The organization <ul style="list-style-type: none"> <li>■ endorses evidence-based approaches to criminal and social justice</li> <li>■ conducts research and develops policy</li> <li>■ supports its member affiliates</li> <li>■ advances collaborative relationships and communication among individuals and organizations dedicated to social justice.</li> </ul>		<b>Span of services and supports:</b> St. Leonard's Society affiliates across Canada offer varied services, including housing/supportive residences to help people transition from incarceration to the community. Substance use assistance is also provided. For example, St. Leonard's Society of North Vancouver focuses on substance use through a 12-step recovery-oriented perspective that connects clients with the resources they need.

## Additional notes:

St. Leonard's Society of Canada has been involved with and supported numerous research publications on topics including criminalization and mental health, life-sentenced individuals, and promising practices on mentoring and training.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Alberta

## organizations and programs

According to the Correctional Service of Canada, most mental health and substance use services available to people leaving incarceration and transitioning to the community in Alberta are provided by Alberta Health Services. Services that may be covered under Alberta Health Services include addictions counsellors, detoxification, and inpatient and outpatient treatment programs. People released on a conditional sentence from a federal correctional institution may have the option (depending on need, motivation, and institutional behaviour) of attending an Alberta treatment facility paid for by the Correctional Service of Canada. There is also a list of therapists accessible to Indigenous individuals insured through the Non-Insured Health Benefits (NIHB) program provided by the federal government.

It is important to note that inventory entries listed for Alberta summarize programs and services specifically for people who are or have recently been incarcerated. Despite attempts to contact leads from local services and agencies, it was difficult to retrieve more detailed information on other suitable inventory entries. Additional community mental health programs that offer services and supports not specific to but potentially promising for people transitioning from the criminal justice system to the community can be found via:



Access Mental Health: [albertahealthservices.ca/findhealth/service.aspx?id=2381](https://albertahealthservices.ca/findhealth/service.aspx?id=2381).

### Service navigation and crisis lines

**Inform Alberta** offers a directory of local services and supports in the province, including health and social services such as crisis lines, family services, housing services, and more.

Visit: [informalberta.ca/public/common/search.do](https://informalberta.ca/public/common/search.do)

**Alberta Health Services** lists a number of community-based harm reduction programs and services and educational resources.

Visit: [albertahealthservices.ca/info/Page15432.aspx](https://albertahealthservices.ca/info/Page15432.aspx)

**Mental Health Help Line** provides 24/7 mental health support and information.

Call: [1-877-303-2642](tel:1-877-303-2642) (toll-free)

**Addiction and Mental Health Helpline** provides a 24/7 confidential service that offers support, information, and referrals for people with mental health and substance use needs.

Call: [1-866-332-2322](tel:1-866-332-2322) (toll-free)

### Programs and services for Métis

While the **Métis Nation of Alberta** does not currently have in-house mental health supports, the provincial head office hosts a supports and services navigator that can help people find low- or no-cost mental health supports.

Visit: <https://albertametis.com/programs-services/children-family-services/supports-and-services-navigator/>

The Métis Nation of Alberta also has an opioid navigation service.

Visit: <https://albertametis.com/programs-services/health/opioid-awareness/>

Call: [780-455-2200](tel:780-455-2200)

Email: [health@metis.org](mailto:health@metis.org)

# Corrections Transitions Team (Calgary Health Zone)

<b>Agency/organization/provider name:</b> Alberta Health Services (Calgary Zone)		<b>Province/territory where located:</b> Alberta	
<b>Geographic reach or focus of program:</b> Provincial		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 403-955-1101 Email: Not available <b>Website:</b> <a href="http://albertahealthservices.ca/findhealth/service.aspx?Id=1068452">albertahealthservices.ca/findhealth/service.aspx?Id=1068452</a> <b>Main address:</b> East Calgary Health Centre 3 <sup>rd</sup> floor, 4715 8 Avenue SE, Calgary, AB T2A 3N4 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> This program provides support to individuals with mental illness, addictions, or concurrent mental health and substance use needs in provincial correctional facilities. It also helps with release planning and transition into the community.		<b>Span of services and supports:</b> Provides short-term case management and outreach support for people soon-to-be or newly released from provincial correctional facilities. Services include support for connecting to <ul style="list-style-type: none"> <li>■ mental health treatment</li> <li>■ financial support</li> <li>■ employment supports</li> <li>■ addictions treatment</li> <li>■ community engagement</li> <li>■ affordable housing.</li> </ul> Service providers may include outreach workers, registered nurses, and social workers.	

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

The following eligibility criteria apply:

- age 18 years or older (17-year-olds considered on a case-by-case basis)
- mental illness, addictions, or concurrent mental health and substance use needs impacting daily functioning or ability to connect with services in the community
- incarceration at a provincial correctional centre or remand facility (and unlikely to be incarcerated federally)
- willingness to access mental health or addictions treatment
- evaluation of potential safety and risk concerns
- referral from Alberta remand/correctional centre health care staff or correctional service worker prior to release from custody



# Corrections Transitions Team – Mental Health (North Zone)

<b>Agency/organization/provider name:</b> Alberta Health Services (North Zone)		<b>Province/territory where located:</b> Alberta	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 780-624-6151 Email: Not available <b>Website:</b> <a href="http://albertahealthservices.ca/findhealth/service.aspx?Id=1067014">albertahealthservices.ca/findhealth/service.aspx?Id=1067014</a> <b>Main address:</b> Powell Building, 10015 98 Street, Peace River, AB T8S 1K5 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> The program assists people involved with the criminal justice system who have addiction and mental health needs.		<b>Span of services and supports:</b> The team meets with people incarcerated in correctional facilities and helps with their transitions into the community. Referrals are completed by in-centre staff. Upon release, the Corrections Transition Team also supports clients with their community re-entry and stability by connecting them with existing resources. Service providers may include addictions counsellors, mental health therapists, nurses, and physicians.	



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

Available for persons 18 years of age or older with mental health illness, addictions, and/or concurrent mental health and substance use needs that affect daily functioning and ability to access community services. The program is specific for people who are remanded or have sentenced status at Peace River Correctional Centre, are currently incarcerated in an Alberta remand/correctional centre (and unlikely to be incarcerated federally), or are at risk for further involvement in the criminal justice system.

Participation is voluntary, and willingness to address mental health and/or addiction safety and risk concerns is also evaluated.

A Corrections Transition Team referral form will be provided to and must be completed by a mental health nurse, health care staff, or the client's caseworker. This form is then faxed to the local Corrections Transition Team Mental Health/Addictions office. People who are detained may request service, but a referral from health care staff or the caseworker is required.

# Corrections Transitions Team (South Zone)

<b>Agency/organization/provider name:</b> Alberta Health Services (South Zone)		<b>Province/territory where located:</b> Alberta	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 403-388-1939 Email: Not available <b>Website:</b> <a href="http://albertahealthservices.ca/findhealth/service.aspx?Id=1066505">albertahealthservices.ca/findhealth/service.aspx?Id=1066505</a> <b>Main address:</b> Lethbridge Provincial Building 102 200 5 Avenue S, Lethbridge, AB T1J 4L1 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> The program helps individuals who are incarcerated with release planning and transition into their communities.		<b>Span of services and supports:</b> The program provides links between people who are newly released from correctional settings and mental health and addictions services. It works to ensure individuals released from custody can get established in their communities. Services include support for finding <ul style="list-style-type: none"> <li>■ affordable housing</li> <li>■ employment</li> <li>■ financial aid</li> <li>■ addiction treatment</li> <li>■ mental health support.</li> </ul>	

## Additional notes:

Service providers may include mental health therapists. Clients need a referral from Lethbridge Correctional Centre health care staff or their caseworker.

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# British Columbia

## organizations and programs

There are five Regional Health Authorities (RHA) in British Columbia, in addition to the Provincial Health Services Authority (PHSA) and the First Nations Health Authority (FNHA). Each RHA provides mental health and substance use programs and services in its geographical jurisdiction. Services are broad, including community, acute, and tertiary. The FNHA provides mental health and substance use services for Indigenous clients across the province.

There are also six forensic regional clinics throughout the province that are part of the PHSA and help connect individuals with local and community services, providing a variety of supports while they are transitioning. **Community Transition Teams** (an extension of the PHSA's Correctional Health Services) are a unique service in this area, with pilot teams at five correctional facilities. These teams provide supports for individuals transitioning into the community who need resources for opioid use and overdose prevention.



Another notable service is the **Burnaby Centre for Mental Health and Addiction** ([bcmhsus.ca/our-services/provincial-integrated-mental-health-addiction-programs/burnaby-centre-for-mental-health-addiction](https://bcmhsus.ca/our-services/provincial-integrated-mental-health-addiction-programs/burnaby-centre-for-mental-health-addiction)).

This unique program is for people living with complex and severe mental illness and substance use needs who have experienced several returns to substance use or whose treatment needs are beyond what local community health resources or health authority can offer. The centre accepts people on probation as well as people using methadone or Suboxone.

### Service navigation and crisis lines

The **British Columbia Mental Health and Substance Use Services** website provides information on a broad range of mental health and substance use services in the province.

Visit: [bcmhsus.ca](http://bcmhsus.ca)

The **Alcohol and Drug Information and Referral Service** is available 24/7.

Call: [1-800-663-1441](tel:1-800-663-1441) (toll-free)

**1-800-SUICIDE** is available in more than 140 languages for people in British Columbia who are experiencing thoughts of suicide.

Call: [1-800-SUICIDE](tel:1-800-SUICIDE) (1-800-784-2433) (toll-free)

The **Métis Crisis Line** provides immediate crisis intervention, including mental health support.

Call: [1-833-MÉTISBC](tel:1-833-METISBC) (1-833-638-4722) (toll-free)

### Other notable services

**L.I.N.C. Society** is a registered charity that uses a peer-based model to work with people affected by the criminal justice system. It offers a variety of programs, including supports specific to 2SLGBTQ+ populations.

Visit: [lincsociety.bc.ca](http://lincsociety.bc.ca)

On the island, **Cool Aid** provides wellness programs, primary health and dental care, as well as emergency shelters and affordable housing.

Visit: [coolaid.org](http://coolaid.org)

**La Boussole** offers health and mental health-related services for francophone community members in Vancouver.

Visit: [en.lbv.ca/que-faisons-nous](http://en.lbv.ca/que-faisons-nous)

**Lifeguard App** is a smartphone app in use in British Columbia designed to prevent overdoses and death due to overdose.

Visit: [lifeguarddh.com](http://lifeguarddh.com)

# Community Transition Teams

<b>Agency/organization/provider name:</b> Extension of Correctional Health Services (Provincial Health Services Authority)		<b>Province/territory where located:</b> British Columbia
<b>Geographic reach or focus of program:</b> Provincial		<b>Language of services:</b> English
<b>Contact information:</b> N/A <b>Website:</b> <a href="http://bcmhsus.ca/news/Pages/Community-transition-teams-aim-to-prevent-overdose-deaths-among-people-recently-released-from-a-correctional-facility.aspx">bcmhsus.ca/news/Pages/Community-transition-teams-aim-to-prevent-overdose-deaths-among-people-recently-released-from-a-correctional-facility.aspx</a> <b>Main address:</b> N/A <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> Other (people who use drugs/opioids)
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes
<b>Program description and objectives:</b> This program provides transitional supports for individuals and prevents overdose.		<b>Span of services and supports:</b> Each team consists of a social worker and a person with lived experience of drug use, the correctional system, or both. Teams work with clients for approximately 30 days following their release to connect them with a community physician, help fill prescriptions, and access other recovery supports in the community.

## Additional notes:

These teams are a response to known risks and evidence: “Roughly two-thirds of British Columbians who died of an illegal drug overdose between January 1, 2016, and July 31, 2017, had recent contact with the criminal justice system, according to a death review panel report released by the British Columbia Coroners Service in 2018. Of those, 10%—or 333 people—died within their first month of release from a correctional facility.” For more information, see <http://www.bcmhsus.ca/news/Pages/Community-transition-teams-aim-to-prevent-overdose-deaths-among-people-recently-released-from-a-correctional-facility.aspx>.

To access the program, participants must be incarcerated in one of the five pilot site facilities.

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# L.I.N.C. Society

<b>Agency/organization/provider name:</b> L.I.N.C. Society		<b>Province/territory where located:</b> British Columbia	
<b>Geographic reach or focus of program:</b> Not specified		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 604-820-1015 Toll-free: 1-877-424-4242 (BC only) Email: See website for email details  <b>Website:</b> <a href="http://lincsociety.bc.ca">lincsociety.bc.ca</a>  <b>Main address:</b> 33270 14 <sup>th</sup> Avenue, Mission, BC V2V 4Z7  <b>Single or multi-site:</b> Not specified		<b>Specific services available for:*</b> <input checked="" type="radio"/> 2SLGBTQ+	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> No	
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> L.I.N.C. is committed to the following principles: <ul style="list-style-type: none"><li>■ Every person within society has a fundamental right to be safe and secure.</li><li>■ Everyone is part of the community reintegration process where all people have an inherent value and dignity.</li><li>■ The positive contribution of every person can have a meaningful impact on the spirit of justice, and on the sense of well-being, within the community.</li><li>■ Hope for the future lies in the potential of every individual to change, and in the willingness of others to support and encourage that change.</li></ul>		<b>Span of services and supports:</b> Among other community-based services, L.I.N.C. also provides the following services to people in correctional settings and on conditional release: <ul style="list-style-type: none"><li>■ weekly support groups (active, but suspended due to COVID-19)</li><li>■ toll-free support line (active)</li><li>■ tailored support for people exiting the correctional system (active)</li><li>■ outreach for people leaving correctional settings with high risk and little support (active)</li><li>■ support for 2SLGBTQ+ identifying persons in correctional settings or on conditional release (active)</li></ul>	
<b>Additional notes:</b> N/A			

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Phoenix Society treatment programs

<b>Agency/organization/provider name:</b> Phoenix Society		<b>Province/territory where located:</b> British Columbia	
<b>Geographic reach or focus of program:</b> Provincial		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 604-583-7166 Email: <a href="mailto:admin@phoenixsociety.com">admin@phoenixsociety.com</a> <b>Website:</b> <a href="http://phoenixsociety.com">phoenixsociety.com</a> <b>Main address:</b> 13686 94A Avenue, Surrey, BC V3V 1N1 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● First Nations, Inuit, and/or Métis</li> <li>● Women</li> </ul>	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes	
<b>Program description and objectives:</b> Phoenix Society's goal is to address the root causes of issues that lead to addiction, declining mental health, homelessness, crime, and unemployment. Its facilities are carefully designed to be inclusive community spaces for residents. The Society is dedicated to social innovation and community initiatives that help participants exit the cycle of addiction and homelessness.		<b>Span of services and supports:</b> Integrated treatments provide <ul style="list-style-type: none"> <li>■ early-recovery residential addiction services</li> <li>■ employment and educational assistance</li> <li>■ longer-term post-treatment transitional housing</li> <li>■ home-ownership opportunities.</li> </ul> Among other supports and programs, relevant services include <ul style="list-style-type: none"> <li>■ community-based residential facilities</li> <li>■ dialectical behaviour therapy (DBT)</li> <li>■ prevention of return to substance use</li> <li>■ existential wellness group</li> <li>■ authentic living</li> <li>■ mindfulness workshops.</li> </ul> A women's program provides an interdisciplinary and holistic approach to supporting participants and their individualized treatment goals. The program supports women who need residential treatment for serious substance use, specifically drug and alcohol addiction, or have concurrent mental health and substance use needs. Phoenix Society also offers a unique partnership with two Elders, Old Hands and Alannah Atley (Wise Woman). It established the Raven Healing Grounds on its property in a beautiful natural setting under towering trees. The Elders and residents have built two traditional sweat lodges (one for men, one for women), located on the traditional territory of the Semiahmoo and Musqueam.	



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

The website notes that the women's program is evidence-based. This program is included in the inventory because stakeholders from the British Columbia forensic system noted that the PHSA has access to eight treatment beds at Phoenix Society in Surrey. These beds are classified as low-barrier, so individuals from corrections or clinics can get into them quickly without the usual wait times associated with transitioning from corrections.

# Prince George Activator Society

<b>Agency/organization/provider name:</b> Prince George Activator Society		<b>Province/territory where located:</b> British Columbia	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 250-563-5019 Email: <a href="mailto:activatorsoffice@shaw.ca">activatorsoffice@shaw.ca</a> <b>Website:</b> <a href="http://activatorsociety.org">activatorsociety.org</a> <b>Main address:</b> 770 2 <sup>nd</sup> Avenue, Prince George, BC V2L 3A3 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● First Nations, Inuit, and/or Métis</li> <li>● Immigrant, refugee, ethno-cultural, and/or racialized communities</li> <li>● Other (program supports men)</li> </ul>	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> <p>This program's mission is to help men on conditional release achieve and maintain a balanced lifestyle while working toward social and financial independence. Through various activities, the program aims to address barriers to and support residents in achieving viable employment, education, and a safe housing environment. It also provides tools and opportunities to explore an emotionally, physically, mentally, and spiritually healthy lifestyle. The program offers opportunities for all residents to learn and practice Indigenous spirituality.</p>		<b>Span of services and supports:</b> <p>The program operates two community residential facilities (CRFs): Activator CRF in Prince George and 'Aghelh Nebun CRF. Among other services and supports, each offers one-on-one counselling services as well as the Trauma, Addiction, and Relationship Program (TARP), a flexible weekly program of group sessions that offer support and guidance while also presenting opportunities for deeper self-exploration. TARP provides tools to support residents in their transitions from incarceration to community living and successful reintegrations back into society. Program topics include addiction and recovery, trans-theoretical model of change, self-care, anger, violence and aggression, addiction and self-worth, and impacts of trauma and abuse.</p>	

## Additional notes:

Admission is determined by a screening committee including Prince George Activator Society staff, parole officers, an RCMP representative, and the Citizens' Advisory Council. Acceptance is based on a risk/need assessment and the person's level of effort in addressing their correctional plan. The program accepts day parole, statutory release with residency, LTSO with residency, and work release clients.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.



# Unlocking the Gates Services Society peer health mentoring program

<b>Agency/organization/provider name:</b> Unlocking the Gates Services Society (funded by First Nations Health Authority)		<b>Province/territory where located:</b> British Columbia
<b>Geographic reach or focus of program:</b> Provincial		<b>Language of services:</b> English
<b>Contact information:</b> Phone: 604-518-3261 (intake) 778-938-2584 (after hours) Email: <a href="mailto:unlockingthegates@gmail.com">unlockingthegates@gmail.com</a> <b>Website:</b> <a href="http://unlockingthegates.org">unlockingthegates.org</a> <b>Main address:</b> 104 West Office, 22832 Lougheed Hwy, Maple Ridge, BC, Canada <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● First Nations, Inuit, and/or Métis</li> <li>● Women</li> <li>● 2SLGBTQ+</li> <li>● Immigrant, refugee, ethno-cultural, and/or racialized communities</li> <li>● Age 55+</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> No
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> Yes
<b>Program description and objectives:</b> <p>This program supports individuals who are leaving correctional facilities in British Columbia and transitioning into the community. Unlocking the Gates' peer health mentoring program works with community agencies inside prisons to connect with individuals during pre-release planning and to offer peer support and engagement during the days immediately following their release.</p> <p>This support and outreach helps transitioning people access the health and social services they need to increase their chances of a successful integration. The peer health mentoring program is grounded in participatory processes and restorative and social justice principles. It enhances individuals' integration efforts through supportive relationships and by encouraging community dialogue, collaboration, and capacity building.</p>		<b>Span of services and supports:</b> <p>The program is accessible seven days a week to people who are incarcerated and does not exclude anyone. Staff were all once incarcerated themselves and now work to provide support to help people connect with the health and community resources they need.</p> <p>Examples of program support include</p> <ul style="list-style-type: none"> <li>■ meeting people at the prison gates</li> <li>■ accompanying people to welfare offices or substance use meetings</li> <li>■ helping people acquire safe housing, clothing, family doctors, and more.</li> </ul>

## Additional notes:

There are no exclusion criteria. Evidence for the program can be found in the following empirical article: [Supporting women leaving prison through peer health mentoring: A participatory health research study](#).



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Manitoba

## organizations and programs

The provincial Mental Health and Addictions branch works in partnership with many community services, agencies, and programs to provide a client-focused continuum of care to meet the unique needs of Manitobans and their families experiencing mental health, substance use, and gambling-related difficulties. The **Addictions Foundation of Manitoba** offers a variety of treatment options, including short-term residential treatment, day treatment options, and group and individual counselling.



## Service navigation and crisis lines

The **Canadian Mental Health Association (CMHA) Manitoba and Winnipeg** offers a key service navigation hub.

Visit: [mbwpg.cmha.ca/cmha-service-navigation-hub](http://mbwpg.cmha.ca/cmha-service-navigation-hub)

**Manitoba Addictions Knowledge Exchange** offers links to general mental health and substance use services and supports.

Visit: [makeconnections.ca/links/manitoba-resources](http://makeconnections.ca/links/manitoba-resources)

Relevant crisis lines include:

**Manitoba Addictions Helpline:** 1-855-662-6605

**Manitoba Suicide Line:** 1-877-435-7170

**Winnipeg Adult Mobile Crisis Service:**  
204-940-1781

## Other notable services

**CMHA Manitoba and Winnipeg** offers specific services for older adults (55+) experiencing isolation, loneliness, anxiety, depression, and mental health and substance use issues. Concerned family members can also get support.

Call: 204-775-6442

Email: [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)

The **Addictions Foundation of Manitoba** provides gender-specific programming and services in communities across Manitoba.

Call: 204-944-6200 or 1-866-638-2561

Visit: [afm.mb.ca](http://afm.mb.ca)

The **Manitoba Métis Federation** recently released a handout of mental health programs and services for Métis people in the province and across Canada.

See: [manitobametis.com/wp-content/uploads/2020/08/MMF\\_MentalHealthResources.pdf](http://manitobametis.com/wp-content/uploads/2020/08/MMF_MentalHealthResources.pdf)

The **Program of Assertive Community Treatment** is an outreach-oriented comprehensive community treatment, rehabilitation, and support service designed to meet the needs of people living with severe and persistent mental illness.

Visit: [wrha.mb.ca/mental-health/pact](http://wrha.mb.ca/mental-health/pact)

# Addiction Treatment Services Program

<b>Agency/organization/provider name:</b> Behavioural Health Foundation		<b>Province/territory where located:</b> Manitoba	
<b>Geographic reach or focus of program:</b> Provincial		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 204-269-3430 Email: <a href="mailto:info@bhf.ca">info@bhf.ca</a> <b>Website:</b> <a href="http://bhf.ca/men-women-family-treatment-services">bhf.ca/men-women-family-treatment-services</a> <b>Main address:</b> River Point Center, 146 Magnus Avenue, Winnipeg, MB R2W 2B4 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> Women	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Yes		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> <p>This program provides long-term, residential programming for men, women, and families experiencing a variety of addiction and co-occurring mental health needs. Using the therapeutic community model, members are offered graduated opportunities that equip them with the necessary vocational, intellectual, and communicative skills for successful integration into society. The program emphasizes promoting healthy living and teaching members how to make positive lifestyle choices.</p>		<b>Span of services and supports:</b> <p>Among other services offered, supports relevant to this inventory include</p> <ul style="list-style-type: none"> <li>■ addictions counselling</li> <li>■ integrated addictions and mental health treatment plans</li> <li>■ sessions on outgrowing addictions</li> <li>■ sessions on managing and expressing anger</li> <li>■ provincial court services</li> <li>■ pre-sentence reports</li> <li>■ bail recognizance residence</li> <li>■ health and wellness programs</li> <li>■ outreach/aftercare on-site and at River Point Centre</li> <li>■ follow-up and evaluation.</li> </ul>	

## Additional notes:

There are several possible paths to referral:

- An individual who is facing charges may ask for the Behavioural Health Foundation Court Communicator. The Court Communicator will speak for them and, in some cases, the judge may remand them to the Behavioural Health Foundation for a pre-trial period and pre-sentence report. If the person shows a positive response to the program, the judge may probate them to reside at the Behavioural Health Foundation under the supervision of Manitoba Probation Services.
- An individual who has been sentenced can approach the appropriate authorities within corrections and ask to see the Court Communicator. If the program is deemed suitable, the individual could be granted a conditional release.
- In some cases, a bail recognizance may be granted to allow an individual awaiting trial to enter the program.
- Out of province or country referrals may also be made, but admission will be based on the criteria noted above and on suitable financial arrangements.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Community Mental Health Worker Program

<b>Agency/organization/provider name:</b> Winnipeg Regional Health Authority (WRHA)		<b>Province/territory where located:</b> Manitoba	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 204-788-8330 Email: N/A  <b>Website:</b> <a href="http://wrha.mb.ca/mental-health/community-mental-health-worker">wrha.mb.ca/mental-health/community-mental-health-worker</a> <b>Main address:</b> N/A (not a physical location; people can apply via any WRHA community area office) <b>Single or multi-site:</b> N/A		<b>Specific services available for:*</b> <input checked="" type="radio"/> Other (experience with major psychiatric disorder and major functional impairment)	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> <p>The WRHA Community Mental Health Program includes a range of adult mental health services in the community. Services are designed to support people to live successfully within their communities.</p>		<b>Span of services and supports:</b> <p>A community mental health worker helps people via</p> <ul style="list-style-type: none"> <li>■ case management (assessing client needs, planning for service, and providing suitable interventions)</li> <li>■ supportive counselling</li> <li>■ assisting clients who are experiencing crisis, including crisis prevention</li> <li>■ offering rehabilitation services such as working with clients to design a service plan to reach their life goals</li> <li>■ promoting mental health and supporting prevention strategies in the community.</li> </ul>	

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.


## Additional notes:

To be eligible to apply for a community mental health worker, a client must be

- a resident of the Winnipeg Region
- 18 years of age or older
- diagnosed with a major psychiatric illness such as schizophrenia, major affective disorders, psychotic disorders, personality disorders, or co-occurring substance use
- experiencing a severe and persistent functional impairment that limits major life activities in one or more areas including home, work, school, or social network
- without appropriate professional supports to meet clinical and functional needs.

# Wiisocotatiwin – Assertive Community Treatment (ACT)

<b>Agency/organization/provider name:</b> Mount Carmel Clinic	<b>Province/territory where located:</b> Manitoba
<b>Geographic reach or focus of program:</b> Local/municipal	<b>Language of services:</b> English
<b>Contact information:</b> Phone: 204-943-5512 Email: <a href="mailto:info@mountcarmel.ca">info@mountcarmel.ca</a> <b>Website:</b> <a href="http://mountcarmel.ca">mountcarmel.ca</a> <b>Main address:</b> 886 Main Street, Winnipeg, MB R2W 5L4 <b>Single or multi-site:</b> Single	<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● First Nations, Inuit, and/or Métis</li> <li>● 2SLGBTQ+</li> <li>● Immigrant, refugee, ethno-cultural, and/or racialized communities</li> <li>● Other (people experiencing homelessness with severe and persistent mental health needs/illness and other co-presenting needs)</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> No	<b>Referral required:</b> Not specified
<b>Costs associated:</b> No	<b>Supporting evidence/evaluation available online:</b> None found
<b>Program description and objectives:</b> Services are culturally sensitive to all participants and aim to enable participants to regain and maintain stability and take steps toward achieving their personal goals.	<b>Span of services and supports:</b> <ul style="list-style-type: none"> <li>■ mental health coping</li> <li>■ crisis supports</li> <li>■ medication adherence</li> <li>■ prevention of justice system involvement</li> <li>■ counselling</li> <li>■ access to <ul style="list-style-type: none"> <li>• program managers</li> <li>• psychiatric nurses</li> <li>• Aboriginal mental health workers</li> <li>• Aboriginal support workers.</li> </ul> </li> <li>■ psychiatrists</li> <li>■ nurses/substance use workers</li> <li>■ outreach workers</li> </ul>

 This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

Many Mount Carmel Clinic health services are available to Manitobans who identify as

- immigrants and refugees who have been living in Canada less than three years
- clients with sexual or reproductive health needs

- members of the 2SLGBTQ+ community
- teenagers
- street involved
- homeless.

# New Brunswick

## organizations and programs

The provincial Addictions and Mental Health Branch plans and funds mental health policies and programs in New Brunswick. Therapeutic services are provided by Réseau de Santé Vitalité and Horizon Health Networks. Working closely with the Regional Health Authorities, other government departments, community organizations, and people with lived experience, the branch supports access to varied mental health and addiction services and supports for all New Brunswickers.

Thirteen **Community Mental Health Centres (CMHCs)** deliver mental health services and supports in defined catchment areas through three core programs: acute services, child and adolescent services, and adult long-term services. CMHCs are included in the inventory and more information can be found at [gnb.ca/0055/pdf/cmhcps.pdf](https://gnb.ca/0055/pdf/cmhcps.pdf).



**Horizon Health Network and Réseau de Santé Vitalité** also provide addiction services to help individuals with substance use and gambling-related concerns. Services available include detoxification, outpatient counselling, and opioid agonist treatment. In addition, they provide live-in treatment services that include group and individual therapy focused on prevention and self-management skills. Live-in treatment services are located in Campbellton (Vitalité) and Saint John (Horizon) and are designed for individuals over the age of 19 who are experiencing concurrent substance use/gambling and mental health needs that would be best addressed in a live-in setting.

### Service navigation and crisis lines

The **Government of New Brunswick** offers a listing of key community mental health resources with locations and telephone numbers.

Visit: [www2.gnb.ca/content/gnb/en/departments/health/mental\\_health\\_services/CommunityMentalHealthResources.html](http://www2.gnb.ca/content/gnb/en/departments/health/mental_health_services/CommunityMentalHealthResources.html)

The **provincial government** also provides contact information for regional addiction services.

Visit: [www2.gnb.ca/content/gnb/en/departments/health/Addiction/NewBrunswickAddictionCenters.html](http://www2.gnb.ca/content/gnb/en/departments/health/Addiction/NewBrunswickAddictionCenters.html)

**Chimo** is a 24-hour, bilingual crisis phone line, accessible to all residents of New Brunswick.

Call: [1-800-667-5005](tel:1-800-667-5005) (toll-free)



# Community Mental Health Centres (CMHCs)

<b>Agency/organization/provider name:</b> Department of Health / Horizon Health Network and Réseau de Santé Vitalité		<b>Province/territory where located:</b> New Brunswick
<b>Geographic reach or focus of program:</b> Provincial		<b>Language of services:</b> English and French
<b>Contact information:</b> Multiple locations across province See website for local phone numbers  <b>Website:</b> <a href="https://www.gnb.ca/0055/contacts-e.asp#cmhc">https://www.gnb.ca/0055/contacts-e.asp#cmhc</a>  <b>Main address:</b> HSBC Place, P.O. Box 5100, Fredericton, NB E3B 5G8 (main office)  <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Yes
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes
<b>Program description and objectives:</b>  CMHCs are a key component in the mental health service delivery system in New Brunswick. These centres are located throughout the province and provide a variety of prevention, intervention, and post-vention services for New Brunswickers.		<b>Span of services and supports:</b>  Services under this health centre model include <ul style="list-style-type: none"> <li>■ assessment</li> <li>■ treatment/intervention (individual and group therapies)</li> <li>■ consultation</li> <li>■ crisis intervention</li> <li>■ case management</li> <li>■ community support</li> <li>■ rehabilitation</li> <li>■ suicide prevention</li> <li>■ services for the elderly.</li> </ul> Flexible Assertive Community Treatment (FACT) teams also offer services to higher-need clients in the community.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

Community mental health services are available to all New Brunswickers, either through referrals by a doctor or another professional or through self-initiated visits to a CMHC. Anyone who is referred or goes to a CMHC is entitled to an intake assessment within a reasonable amount of time to identify service needs, either through the CMHC or, for those who do not meet screening criteria, through other agencies.

Regarding evidence, a [report on CMHCs](#) stated: "The New Brunswick model has been recognized as one of the most successful examples of broad-based mental health system reform in Canada (Review of Best Practices in Mental Health Reform, report by the Clarke Institute of Psychiatry, 1997)."

# Newfoundland and Labrador

## organizations and programs

The provincial **Department of Health and Community Services** plays a lead role in supporting the four Regional Health Authorities and other mandated health and community service agencies that serve Newfoundlanders and Labradorians. The department is also the lead in the multi-departmental initiatives for wellness, healthy aging, and mental health and addictions. For more information, see [gov.nl.ca/hcs/mentalhealth-committee/mentalhealth](http://gov.nl.ca/hcs/mentalhealth-committee/mentalhealth).

The **Mental Health and Addictions Division** works in partnership with the Regional Health Authorities, community groups, the provincial Mental Health and Addiction Advisory Council and Recovery Council, family members and individuals with lived experience, as well as other stakeholders in Newfoundland and Labrador.



## Service navigation and crisis lines

The **Mental Health and Addictions Systems Navigator** offers more information on services available in the province.

Call: [1-877-999-7589](tel:1-877-999-7589) (toll-free) or [709-752-3916](tel:709-752-3916)

**Thrive** offers a comprehensive directory of services in Newfoundland and Labrador.

Visit: [thrivecyn.ca/directory-of-services/health](https://thrivecyn.ca/directory-of-services/health)

For a PDF copy of the 2020 Thrive Directory of Services, see [thrivecyn.ca/wp-content/uploads/2020/11/2020-Directory-of-Services-3.pdf](https://thrivecyn.ca/wp-content/uploads/2020/11/2020-Directory-of-Services-3.pdf)

The **Mental Health Crisis Line** is available 24/7.


Call: [1-888-737-4668](tel:1-888-737-4668)

The **Bridge the Gapp Knowledge Centre** provides a series of useful resources (including ones that address stigma and mental illness).

Visit: [nl.bridgethegapp.ca/adult/knowledge-centre/mental-illness](https://nl.bridgethegapp.ca/adult/knowledge-centre/mental-illness)

# Justice Program

<b>Agency/organization/provider name:</b> Canadian Mental Health Association (CMHA) Newfoundland and Labrador		<b>Province/territory where located:</b> Newfoundland and Labrador
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English
<b>Contact information:</b> Phone: 1-877-753-8550 x 106 Email: <a href="mailto:hedgar@cmhanl.ca">hedgar@cmhanl.ca</a> <b>Website:</b> <a href="http://cmhanl.ca/what-we-do/justice-program">cmhanl.ca/what-we-do/justice-program</a> <b>Main address:</b> 603 Topsail Road, St. John's, NL A1E 2E1 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>Other (individuals with mental health needs who are involved in the correctional system)</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found
<b>Program description and objectives:</b> <p>The mission of the Justice Program is to provide individualized support services to persons living with a mental illness, concurrent disorder, or dual diagnosis within the correctional system and, following release into the community, to promote recovery and reduce return to justice system involvement.</p> <p>The program's goals and objectives are to</p> <ul style="list-style-type: none"> <li>provide in-reach to people incarcerated at Her Majesty's Penitentiary (HMP) for assessment and provision of support</li> <li>develop a community support plan with each individual prior to their release from HMP</li> <li>provide intensive case management services to 25 clients released from HMP and residing in the St. John's region.</li> </ul>		<b>Span of services and supports:</b> <p>During an individual's incarceration, the program manager and social work case managers provide in-reach mental health counselling and advocacy, as well as needs assessment to ensure appropriate services are in place for release.</p> <p>Upon release, a Justice Program representative will meet an individual "at the gate" and provide intensive case management in the community. Case managers work to build a trusting and productive relationship with individuals and to provide the support and resources to ensure basic needs are met and appropriate services are delivered.</p> <p>Intensive case management responds to an individual's multiple and changing needs, and coordinates required services from across the mental health system and other service systems.</p>
<b>Additional notes:</b> N/A		

 This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Safe Harbour Outreach Project (SHOP)

<b>Agency/organization/provider name:</b> St. John's Status of Women Council		<b>Province/territory where located:</b> Newfoundland and Labrador
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English
<b>Contact information:</b> Phone: 709-771-1077 (program coordinator) 709-771-7171 (community outreach) Email: <a href="mailto:heather@sjwomenscentre.ca">heather@sjwomenscentre.ca</a> (program coordinator) <a href="mailto:amelia@sjwomenscentre.ca">amelia@sjwomenscentre.ca</a> (communitiy outreach)  <b>Website:</b> <a href="http://sjwomenscentre.ca/programs/shop">sjwomenscentre.ca/programs/shop</a> or <a href="https://www.facebook.com/SHOPoutreach">www.facebook.com/SHOPoutreach</a> <b>Main address:</b> The location of SHOP is confidential; however, the St. John's Women Centre can be found at 170 Cashin Avenue Extension, St. John's, NL A1E 3B6.  <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● Women</li> <li>● 2SLGBTQ+</li> <li>● Other (people who have engaged in sex work)</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found
<b>Program description and objectives:</b> SHOP is the only sex worker advocacy program in Newfoundland and Labrador. The program advocates for the human rights of sex workers, serving people in and around St. John's and providing direct support, supplies, system navigation, and outreach from a harm reduction approach.		<b>Span of services and supports:</b> SHOP provides <ul style="list-style-type: none"> <li>■ one-on-one individual support, including home visits and accompaniments to appointments</li> <li>■ safer sex supplies and clean drug use supplies</li> <li>■ peer drop-in hours in a private, confidential space</li> <li>■ workshops and info sessions for sex workers</li> <li>■ street outreach</li> <li>■ health care supports</li> <li>■ system navigation and referrals</li> <li>■ individual and community advocacy.</li> </ul>

## Additional notes:

SHOP has no formal referral process. Individuals reaching out for the first time about participating in the program are not required to provide any identifying information. SHOP staff are the only ones who will read/hear any messages left for the program.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Stella's Circle

<b>Agency/organization/provider name:</b> Stella's Circle		<b>Province/territory where located:</b> Newfoundland and Labrador	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 709-738-8390 Email: <a href="mailto:info@stellascircle.ca">info@stellascircle.ca</a> <b>Website:</b> <a href="http://stellascircle.ca">stellascircle.ca</a> <b>Main address:</b> 142 Military Road, St. John's, NL A1C 2E6 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> Women	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> For some services	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> Stella's Circle provides services to adults who face many barriers to fully participating in their community. These barriers may include mental health concerns, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and long periods of unemployment.			
<b>Span of services and supports:</b> Among other core programs, Stella's Circle Real Help offers a range of residential, community, and correctional-based counselling services to support people through life's challenges. Specific programs include: <b>Emmanuel House</b> 709-754-2072, <a href="mailto:emmanuelhouse@stellascircle.ca">emmanuelhouse@stellascircle.ca</a> Men and women over the age of 18 can live at Emmanuel House for up to four months while they address social and emotional challenges. Participants take part in individual counselling, therapeutic groups, and life skills support. Emmanuel House accepts self-referrals or referrals from others.		<b>Community Support Program</b> 709-738-5590, <a href="mailto:cspinfo@stellascircle.ca">cspinfo@stellascircle.ca</a> The Community Support Program provides intensive assistance to men and women over the age of 18 with complex mental health needs. The goal of the program is to improve the overall quality of participants' lives, and to reduce the length and number of admissions to hospitals and prisons. <b>Just Us Women's Centre</b> 709-738-0658, <a href="mailto:justus@stellascircle.ca">justus@stellascircle.ca</a> Just Us provides counselling and support to women over the age of 18 who have been in contact with the criminal justice system. The program accepts self-referrals or referrals from others including correctional supervision programs, court programs, health care providers, and agencies that provide services to women.	
<b>Additional notes:</b> N/A			



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Northwest Territories

## organizations and programs

The **Northwest Territories Health and Social Services Authority** delivers health and social services on a regional basis. Free and confidential mental health counselling services are available for all territory residents through the **Community Counselling Program**.

Support for substance use is available through the Community Counselling Program, online Alcoholics Anonymous options, and some online and app-based supports provided by the federal government.

Residents of the Northwest Territories also have access to a number of substance use facilities/opioid use services (some outside of the territory) at no charge, including

- Poundmaker's Lodge
- Fresh Start Recovery
- Aventa Centre of Excellence for Women with Addictions
- Thorpe Recovery Centre
- Edgewood (pre-approval only)
- Renascent (pre-approval only).

For more information on these facilities,

Visit [hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery/nwt-facility-based-treatment-options-addictions](https://hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery/nwt-facility-based-treatment-options-addictions).



The [Arctic Indigenous Wellness Foundation \(AIWF\)](https://arcticindigenouswellness.org/) is another key resource dedicated to improving traditional and culturally based health care for Indigenous people in the North. AIWF was launched by a group of lead Elders representing the Dene, Inuit, and Métis people in the North as a response to important needs in First Nations and Inuit health. For more information,

Visit: [arcticindigenouswellness.org](https://arcticindigenouswellness.org/).

## Service navigation and crisis lines

For information on health and social services available in the Northwest Territories, contact the **Health and Social Systems Navigator**.

Call: 1-855-846-9601 (toll-free)

Email: [hss\\_navigator@gov.nt.ca](mailto:hss_navigator@gov.nt.ca)

The **NWT Help Line** is free and confidential, with trained supporters taking calls 24/7.

Call: 1-800-661-0844 (toll-free)

Visit: [hss.gov.nt.ca/en/services/nwt-help-line](https://hss.gov.nt.ca/en/services/nwt-help-line)

See the [NWT Help Line Facebook page](#) for wellness tips and information about local supports




# Arctic Indigenous Wellness Foundation (AIWF) programs

<b>Agency/organization/provider name:</b> Arctic Indigenous Wellness Foundation		<b>Province/territory where located:</b> Northwest Territories	
<b>Geographic reach or focus of program:</b> Territorial		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 867-447-1095 Email: <a href="mailto:info@arcticindigenouswellness.org">info@arcticindigenouswellness.org</a> <b>Website:</b> <a href="http://arcticindigenouswellness.org">arcticindigenouswellness.org</a> <b>Main address:</b> Box 603, Yellowknife, NT X1A 2N5 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>First Nations, Inuit, and/or Métis</li> <li>Other (men)</li> </ul>	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Not specified	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> Yes	
<b>Program description and objectives:</b> A self-determined traditional wellness initiative with the mandate of culturally reviving traditional and Indigenous-based healing services and practices in the North. The organization offers cultural programming and advocacy with a focus on Indigenous health and wellness.		<b>Span of services and supports:</b> Community-designed interventions are delivered by local people to ensure programs are reflective of the cultural context of the land. The organization recognizes that local peoples are the most knowledgeable of the needs of their communities and strives to ensure use of local skill for healing and knowledge translation. Some relevant current initiatives include <ul style="list-style-type: none"> <li>facilitating information on mental wellness for Indigenous boys and men</li> <li>education on the revitalization of traditional medicine</li> <li>Elder-to-youth and Elder-to-homeless cultural and skills programming.</li> </ul>	

## Additional notes:

The organization is involved in research and plans to release more information at [arcticindigenouswellness.org/research](http://arcticindigenouswellness.org/research).

 This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# NWT Community Counselling Program

<b>Agency/organization/provider name:</b> Health and Social Services (Government of Northwest Territories)		<b>Province/territory where located:</b> Northwest Territories	
<b>Geographic reach or focus of program:</b> Territorial		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 867-767-9061 Email: <a href="mailto:mha@gov.nt.ca">mha@gov.nt.ca</a> For regional contacts, see <a href="https://hss.gov.nt.ca/en/contact/community-counsellor">hss.gov.nt.ca/en/contact/community-counsellor</a> <b>Website:</b> <a href="https://hss.gov.nt.ca/en/services/nwt-community-counselling-program-ccp">hss.gov.nt.ca/en/services/nwt-community-counselling-program-ccp</a> <b>Main address:</b> Mental Health and Addictions Department of Health and Social Services, P.O. Box 1320, Yellowknife, NT X1A 2L9 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No	
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> The goal of this program is to make mental health services easy to access for all Northwest Territories residents.		<b>Span of services and supports:</b> Services seem to differ by location, but include <ul style="list-style-type: none"> <li>■ free and confidential professional counselling services</li> <li>■ consultations and education on mental health and addictions for families, individuals, children and groups.</li> </ul>	
<b>Additional notes:</b> N/A			

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Nova Scotia

## organizations and programs

The **Nova Scotia Health Authority** provides health services to Nova Scotians and some specialized services to other Maritimers and Atlantic Canadians. Personnel from the province's forensic system note that individuals transitioning from correctional settings to the community are referred to their local mental health and addiction services.

**Community Mental Health and Addictions**, provided by Nova Scotia Health, works with primary and community partners to offer mental health and substance use services that are time-limited and evidence-based. These services are delivered by a team of workers and clinicians, including registered nurses, social workers, occupational therapists, psychologists, recreation therapists, and psychiatrists.

Services are matched to individual needs and may include

- mental health and addiction screening and assessment
- group and individual therapeutic interventions
- medication prescribing or consultation
- recovery treatment or care planning
- rehabilitation and monitoring services for individuals with severe and persistent mental illness.

For more community mental health and substance use resources, see [mha.nshealth.ca/en](https://mha.nshealth.ca/en).



### Service navigation and crisis lines

Nova Scotia's **Mental Health Crisis Line** is available 24/7.

Call: [1-888-429-8167](tel:1-888-429-8167) (toll-free)

**Mental Health and Addictions Intake** can be reached  
Monday-Friday, 8:30 a.m. to 4:30 p.m.

Call: [1-855-922-1122](tel:1-855-922-1122)

### Other services

**Correctional Services** provides programs to people who are still under community supervision in the province.

For examples, see [novascotia.ca/just/Corrections/offender\\_programs.asp](https://novascotia.ca/just/Corrections/offender_programs.asp) and [halfwayhouses.ca/en/region/ahha/facility/lavers\\_house/](https://halfwayhouses.ca/en/region/ahha/facility/lavers_house/)

# Stepping Stone

<b>Agency/organization/provider name:</b> Stepping Stone		<b>Province/territory where located:</b> Nova Scotia	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 902-420-0103 Email: N/A (can send queries via website) <b>Website:</b> <a href="http://steppingstonens.ca">steppingstonens.ca</a> <b>Main address:</b> 2350 Hunter Street, Halifax, NS B3K 4V6 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● Women</li> <li>● Other (current and former sex workers, people likely to enter the sex trade, and trafficked persons)</li> </ul>	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No	
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> Stepping Stone advocates for equal access to services such as health care, as well as for human rights and dignity. The program uses a harm reduction model, aiming to make sex work as safe and as positive as possible for individuals involved in the trade.		<b>Span of services and supports:</b> The Personal and Professional Development with Sex Workers in Prison Program offers workshops to sex workers in prison, meeting the need for services geared toward the unique needs of sex workers. Through the same program, staff also work with sex workers to develop release plans. Recognizing that housing is one of the largest barriers facing sex workers, these plans include a specific focus on securing housing so individuals know where they are going upon release. Among other services and supports, Stepping Stones also offers community drop-in services (e.g., peer support and crisis intervention, addiction referrals, court support, housing support) and street outreach.	

## Additional notes:

Stepping Stone's Tipping the Scales Program supports former and current sex workers who are currently in contact with the criminal justice system. A court support and corrections worker can meet with service users at the correctional centre, attend court and probation meetings, and more, advocating for service users throughout their contact with the justice system.

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Nunavut

## organizations and programs

The **Government of Nunavut**, through the Department of Health, offers community-based outpatient services supporting recovery from substance use and trauma. Within Nunavut there are community-based programs and organizations that offer opportunities for Nunavummiut to seek and receive counselling and support in non-residential settings. A 2018 report on addictions and trauma-related treatment services in Nunavut noted that the territorial government also offers access to substance use and mental health residential facilities and programs outside the territory. However, these programs are often not grounded in Inuit culture or broader Indigenous cultural approaches to healing and wellness.



## Service navigation and crisis lines

**Kamatsiaqtut Help Line** is available locally and toll-free for those outside Iqaluit and residents of Nunavut.

Call: [1-867-979-3333](tel:1-867-979-3333) (Iqaluit)

Call: [1-800-265-3333](tel:1-800-265-3333) (toll-free)

Visit: [nunavuthelpline.ca](http://nunavuthelpline.ca)

## Other services

Local service providers reported that there are some innovative community-based programs that adopt more culturally grounded approaches to supporting the well-being of Nunavummiut.

These include:

### **Cambridge Bay Wellness Centre**

[cambridgebay.ca/services/wellness-centre](http://cambridgebay.ca/services/wellness-centre)

### **Ilisaqsivik Society in Clyde River**

[ilisaqsivik.ca/en](http://ilisaqsivik.ca/en)

**Pulaarvik Kablu Friendship Centre** in Rankin Inlet  
(Nunavut's only Friendship Centre)

[facebook.com/groups/121529231286903](https://facebook.com/groups/121529231286903)

### **Iqaluit Community Tukisigiavik Society**

[vimeo.com/12925366](https://vimeo.com/12925366)

# Iqaluit Community Tukisigiavik Society

<b>Agency/organization/provider name:</b> Iqaluit Community Tukisigiavik Society		<b>Province/territory where located:</b> Nunavut
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English, French, and other languages
<b>Contact information:</b> Phone: 867-979-2400 Email: <a href="mailto:maggie@tukisigiavik.ca">maggie@tukisigiavik.ca</a> <b>Website:</b> N/A <b>Main address:</b> P.O. Box 759, Iqaluit, NU X0A 0H0 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <input checked="" type="radio"/> First Nations, Inuit, and/or Métis
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Not specified
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found
<b>Program description and objectives:</b> The Tukisigiavik Society offers support and assistance to Iqalumiut individuals and families with personal and family issues, as well as health, healing, education, and employment. The Society works with individuals and other agencies in Iqaluit to enhance access to the resources they need.		<b>Span of services and supports:</b> The Society has Inuit Elder-advisors who teach traditional skills development and offer advice on Inuit values, customs, beliefs, and practices (Inuit Qaujimajatuqangit), which form the basis of its services and programs. Services aim to address <ul style="list-style-type: none"> <li>■ homelessness</li> <li>■ personal and family problems</li> <li>■ parenting and relationship skills</li> <li>■ anger management</li> <li>■ coping skills</li> <li>■ traditional skills development.</li> </ul> The Society also provides assistance with contacting government departments.
<b>Additional notes:</b> N/A		



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.



# Ontario

## organizations and programs

Ontario features some unique centralization of relevant resources, including the Government of Ontario-funded **ConnexOntario**. Specific to the population of interest for this project are the regional and local **Human Services and Justice Coordinating Committees** (see [hsjcc.on.ca](https://hsjcc.on.ca)). These committees coordinate services and resources, and develop better planning for people who come into contact with the criminal justice system. People living with serious mental illness or substance addiction are among priority populations for these committees.



## Service navigation and crisis lines

**ConnexOntario** offers free and confidential health service information and navigation for people with needs related to substance use, mental illness, and gambling.

Visit: [connexontario.ca](https://connexontario.ca)

The **Ontario Addiction Treatment Centres** website is helpful for finding information on substance use treatment services throughout the province.

Visit: [oatc.ca](https://oatc.ca)

**Telehealth Ontario** offers 24-hour support for people experiencing a mental health or substance use crisis.

Call: [1-866-797-0000](tel:1-866-797-0000) (toll-free)

**Métis Nation of Ontario** offers a 24-hour mental health and addictions crisis line for culturally specific supports.

Call: [1-877-767-7572](tel:1-877-767-7572) (toll-free)

## Other services

The **Centre for Addiction and Mental Health** (CAMH) is the largest clinical, research, and teaching hospital setting specific to mental health and substance use in Canada. Its main phone line can be reached 24/7.

Visit: [camh.ca](https://camh.ca)

Call: [416-535-8501](tel:416-535-8501)

Call: [1-800-463-2338](tel:1-800-463-2338) (toll-free)

Based in Toronto, **Reconnect Community Health Services** provides supports for seniors, caregivers, and people living with mental health and addictions.

Visit: [reconnect.on.ca/communityhealthservices](https://reconnect.on.ca/communityhealthservices)

### Culturally tailored services

Although not designed specifically for people transitioning from the criminal justice system to the community, included in this inventory are **Aboriginal Health Access Centres** (AHACs) and **Anishnawbe Health Toronto's Aboriginal Mental Health and Addictions Services**. These programs offer mental health and substance use services and supports specific to the needs of First Nations, Inuit, and Métis communities.

Other programs that offer culturally safe and appropriate services and supports to improve wellness for Indigenous communities (including broad services such as applying for status cards, housing, and life skills programs) include

#### Wabano Centre

[wabano.com](http://wabano.com)

#### Native Women's Resource Centre of Toronto

[nwrct.ca](http://nwrct.ca)

#### Minwaashin Lodge, Indigenous Women's Support Centre

[minlodge.com](http://minlodge.com)

[Across Boundaries](#) offers a range of mental health services and supports that work within anti-racism and anti-oppression frameworks.

Also notable is the **Mental Health Court Support Program**. This court diversion program works through the Sinai Health System to provide culturally sensitive services to individuals from ethno-specific backgrounds who are involved with the criminal justice system for minor offences. For more information, see [torontocentralhealthline.ca/display/service.aspx?id=145485](http://torontocentralhealthline.ca/display/service.aspx?id=145485).

# Aboriginal Health Access Centres (AHACs)

<b>Agency/organization/provider name:</b> Aboriginal Health Access Centres		<b>Province/territory where located:</b> Ontario	
<b>Geographic reach or focus of program:</b> Provincial		<b>Language of services:</b> English	
<b>Contact information:</b>	To find local members/sites and contact information, see <a href="http://allianceon.org/aboriginal-health-access-centres">allianceon.org/aboriginal-health-access-centres</a>	<b>Specific services available for:*</b> <input checked="" type="radio"/> First Nations, Inuit, and/or Métis	
<b>Website:</b>	For links to specific local AHACs, see <a href="http://allianceon.org/aboriginal-health-access-centres">allianceon.org/aboriginal-health-access-centres</a>		
<b>Main address:</b>	To find local addresses, see <a href="http://allianceon.org/aboriginal-health-access-centres">allianceon.org/aboriginal-health-access-centres</a>		
<b>Single or multi-site:</b>	Multi		
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No	
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> Yes	
<b>Program description and objectives:</b> AHACs are Indigenous, community-led, primary health care organizations that offer traditional healing, primary care, cultural programs, health promotion programs, community development initiatives, and social support services to First Nations, Métis, and Inuit communities. There are currently 10 AHACs in Ontario that provide services both on and off-reserve (including urban, rural, and northern locations).		<b>Span of services and supports:</b> Services and supports vary by location but may include <ul style="list-style-type: none"> <li>■ addiction programs</li> <li>■ cultural programs</li> <li>■ mental health counselling</li> <li>■ traditional healing programs.</li> </ul>	

## Additional notes:

Evidence supports the efficacy of this type of community-based health care model and the need for Indigenous-led and culturally-specific health services.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Aboriginal Mental Health and Addictions Services

<b>Agency/organization/provider name:</b> Anishnawbe Health Toronto		<b>Province/territory where located:</b> Ontario
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English, French, and other languages
<b>Contact information:</b> Phone: 1-855-242-3310 for 24/7 Mental Health Crisis Management Service <i>Note: Different locations have different telephone numbers</i> Email: <a href="mailto:info@aht.ca">info@aht.ca</a> <b>Website:</b> <a href="http://aht.ca">aht.ca</a> <b>Main address:</b> 225 Queen Street East, Toronto, ON M5A 1S4 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> First Nations, Inuit, and/or Métis
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> Not specified
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found

## Program description and objectives:

The organization's mission is to improve the health and well-being of Indigenous People in spirit, mind, emotion, and body through both traditional and Western healing approaches. Programs and services are offered by a multi-disciplinary team of dedicated health care professionals and service providers, and are based on culture and traditions.

The mental health and addictions program places Indigenous culture and tradition at its core, while taking a client-centered, strengths-based approach to recovery. The program supports individuals with co-occurring mental health and addictions on their wellness journeys by helping them construct their identity as Indigenous persons and learn about their culture and traditions.

## Span of services and supports:

Elements of the program include

- assessment for substance use
- psychiatric consultation
- support and counselling groups
- individual and family counselling
- traditional ceremonies
- holistic care plans
- art therapy
- nutrition counselling
- recreation.

Some aspects of health and wellness explored in the program include

- stress management
- anger management
- coping with triggers
- coping with return to substance use
- improving communication skills.

Other services available include

- various primary health care services
- psychiatrist service
- psychologist service
- traditional counselling services.

For clients more comfortable speaking another language while communicating with health care providers, an interpreter can be arranged at no cost.

## Additional notes:

Organization identified by [PASAN](#) for mental health services.

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Across Boundaries

<b>Agency/organization/provider name:</b> Across Boundaries	<b>Province/territory where located:</b> Ontario
<b>Geographic reach or focus of program:</b> Local/municipal	<b>Language of services:</b> English, French, and other languages (see Additional Notes)
<b>Contact information:</b> Phone: 416-787-3007 Email: <a href="mailto:info@acrossboundaries.ca">info@acrossboundaries.ca</a> <b>Website:</b> <a href="http://acrossboundaries.ca">acrossboundaries.ca</a> <b>Main address:</b> 51 Clarkson Avenue, Toronto, ON M6E 2T5 <b>Single or multi-site:</b> Single	<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>First Nations, Inuit, and/or Métis</li> <li>Women</li> <li>2SLGBTQ+</li> <li>Immigrant, refugee, ethno-cultural, and/or racialized communities</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> Yes	<b>Referral required:</b> For some services
<b>Costs associated:</b> Not specified	<b>Supporting evidence/evaluation available online:</b> None found

## Program description and objectives:

Across Boundaries provides equitable, inclusive, and holistic mental health and substance use services for racialized communities within anti-racism, anti-Black racism, and anti-oppression frameworks.

## Span of services and supports:

Across Boundaries provides community mental health and substance use supports and in-house programs that integrate

- individual support
- community outreach
- support groups
- alternative and complementary therapies
- skills building
- social and recreational activities
- and more.

Of strong relevance to this inventory, the Mental Health and Justice Initiative Supportive Housing Program provides community mental health support and housing services across Toronto for those involved in the criminal justice system. Across Boundaries has case managers to serve clients in the program housed in units operated by Canadian

Mental Health Association – Toronto. Clients in the program can also access other services and support programs at Across Boundaries.

The Mental Health and Justice Short-term Community Support Worker service offers case manager support to clients involved in the mental health court support system and assists with release planning out of incarceration and diversion out of the criminal justice system process.

More specific programming at Across Boundaries includes

- alternative healing
- art therapy
- peer support groups
- men's and women's support groups
- drop-in programs
- psychiatric consultation program
- QTBIPOC virtual programming and other 2SLGBTQ+ services.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

**Additional notes:**

Across Boundaries currently provides services in many languages, including

- Caribbean dialects
- African languages:
  - Shona

- Amharic
- Harare
- Xhosa
- Tsonga
- Afrikaans
- Swahili

- Somali
- Twi
- Central Asian languages:
  - Dari
  - Pashto
  - Farsi (Persian)

- South Asian languages:
  - Punjabi
  - Hindi
  - Urdu
  - Bengali
- Mandarin.

# The Bridge

<b>Agency/organization/provider name:</b> The Bridge		<b>Province/territory where located:</b> Ontario	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> <i>Hamilton:</i> Phone: 905-522-0283 Email: <a href="mailto:info@hamilton-bridge.ca">info@hamilton-bridge.ca</a>  <i>Halton:</i> Phone: 905-634-2867 Email: <a href="mailto:info@halton-bridge.ca">info@halton-bridge.ca</a>  <b>Website:</b> <a href="http://hamilton-bridge.ca">hamilton-bridge.ca</a>  <b>Main address:</b> <i>Hamilton:</i> 319 Barton Street East, Hamilton, ON L8L 2X6  <i>Halton:</i> 125 Lakeshore Road East, Oakville, ON L6H 1A3  <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b>  <input checked="" type="radio"/> Other (men)	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b>  The Bridge's vision is to facilitate community re-entry and reconciliation for men in the justice system and their families through advocacy, education, and restorative justice. The program's mission is to provide discharge planning, transitional housing, and rehabilitative programs for victims, people formerly involved in the criminal justice system, and their families.		<b>Span of services and supports:</b>  The Hamilton locations offers, among other services, <ul style="list-style-type: none"> <li>■ family support groups</li> <li>■ intensive case management, including <ul style="list-style-type: none"> <li>▪ addictions and mental health counselling</li> <li>▪ referrals and connections to community supports including emergency food services, rehabilitative services, mobile crisis supports, harm reduction services, and more</li> </ul> </li> <li>■ on-site clinical counselling.</li> </ul> The Halton location offers, among other services, <ul style="list-style-type: none"> <li>■ intensive case management</li> <li>■ on-site counselling</li> <li>■ life skills</li> <li>■ social connection</li> <li>■ family support groups.</li> </ul>	



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

## Additional notes:

Clients of Hamilton Transitional Housing and Outreach who require clinical classing can book appointments with an on-site registered social worker. The Bridge's clinical team works closely with various community-based counselling and mental health supports, and can provide referrals when further services are required.



# Knowledge and Power of Women (KAPOW)

<b>Agency/organization/provider name:</b> Parkdale Queen West Community Health Centre		<b>Province/territory where located:</b> Ontario	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 416-537-2455 ext. 1361 Email: N/A  <b>Website:</b> <a href="http://pqwchc.org/programs-services/harm-reduction/kapow-knowledge-and-power-of-women">pqwchc.org/programs-services/harm-reduction/kapow-knowledge-and-power-of-women</a>  <b>Main address:</b> 1229 Queen Street West Toronto, ON M6K 1L2  <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● Women</li> <li>● 2SLGBTQ+</li> <li>● Other (people engaged in sex work and/or drug use)</li> </ul>	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No	
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> KAPOW is a harm reduction-based, sex-positive, trans-inclusive, peer-supported drop-in centre.		<b>Span of services and supports:</b> Weekly activities are developed with KAPOW members and include health education workshops, safer sex and drug use information, mindfulness-based stress reduction, bad date reports, safer sex work strategies, social justice activism, and recreational activities. The program, which is offered in partnership with <a href="#">Sistering</a> , also includes a nutritious breakfast.	

## Additional notes:

The larger organization was identified by [PASAN](#) for substance use services.

KAPOW services are available to women-identified people who do sex work or use drugs. This population is often likely to come into contact with the criminal justice system.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Mental Health and Justice Initiative

<b>Agency/organization/provider name:</b> LOFT Community Services		<b>Province/territory where located:</b> Ontario	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 416-757-1565 Email: <a href="mailto:info@loftcs.org">info@loftcs.org</a> <b>Website:</b> <a href="https://loftcs.org/what-we-do/specialized-services/specialized-community-services/torontocentralhealthline.ca/displayservice.aspx?id=147888">loftcs.org/what-we-do/specialized-services/specialized-community-services/torontocentralhealthline.ca/displayservice.aspx?id=147888</a> <b>Main address:</b> 903 O'Connor Drive Toronto, ON M4B 2S7 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>Other (people with serious mental health needs who are homeless or at risk of becoming homeless)</li> </ul>	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes	
<b>Costs associated:</b> For some services		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> As a partner in the Mental Health and Justice Program, this program provides supportive housing and case management to individuals with mental health, substance use, and homelessness challenges who are in contact with the criminal justice system. The goal is the recovery of independence and dignity for each client.		<b>Span of services and supports:</b> Services include supportive counselling, advocacy, information, and referrals to other services.	

**Additional notes:**

Referrals are made through Coordinated Access to Supportive Housing.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Mental Health and Justice: Prevention Program and Release Planning Case Management Program

<b>Agency/organization/provider name:</b> COTA Health (Cota)		<b>Province/territory where located:</b> Ontario	
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 416-785-9230 ext. 8793 Toll-free: 1-888-785-2779 Email: <a href="mailto:info@cotainspires.ca">info@cotainspires.ca</a> <b>Website:</b> <a href="http://cotainspires.ca">cotainspires.ca</a> <b>Main address:</b> 550 Queen Street East, Suite 201, Toronto, ON M5A 1V2 <b>Single or multi-site:</b> Multi		<b>Specific services available for:*</b> <input checked="" type="radio"/> Other (men; people with severe mental illness)	
<b>Specific focus on criminal justice-involved populations:</b> Yes		<b>Referral required:</b> Yes	
<b>Costs associated:</b> Not specified		<b>Supporting evidence/evaluation available online:</b> None found	

## Program description and objectives:

Cota's Mental Health and Justice: Prevention Program provides individualized support to adults (aged 16 years and older) living with serious mental illness who are at significant risk of contact or re-involvement with the criminal justice system. Service providers work collaboratively with clients to provide client-centred support that helps them minimize the probability of future involvement with the justice system and live safe, active, and fulfilling lives within the community.

The Release Planning Case Management Program is designed for people living with serious mental illness and about to be released from the Toronto South Detention Centre. Cota provides services to men on remand (awaiting trial, sentencing, or other proceedings) and on short-term sentences. The program provides short-term support for clients as they transition into the community. Individuals requiring or requesting support beyond the term of the program are referred on to other community-based mental health services prior to discharge from the Release Planning Case Management Program.

## Span of services and supports:

Not specified in detail on website.

## Additional notes:

Organization identified by [PASAN](#) for mental health services.

The release planning service is available to adult males (18 years and older) who are living with serious mental illness, are incarcerated at the Toronto South Detention Centre, are approaching release, and are assessed by Cota as being able to be safely supported in the community through this service. Referrals to this service are received directly through the staff at the Toronto South Detention Centre.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Psychiatric Survivors of Ottawa

<b>Agency/organization/provider name:</b> Community of peers with lived experience (also supported by Champlain LHIN and United Way East Ontario)		<b>Province/territory where located:</b> Ontario
<b>Geographic reach or focus of program:</b> Local/municipal		<b>Language of services:</b> English
<b>Contact information:</b> Phone: 613-567-4379 Toll-free: 1-877-550-4379 Email: <a href="mailto:info@pso-ottawa.ca">info@pso-ottawa.ca</a> <b>Website:</b> <a href="http://pso-ottawa.ca">pso-ottawa.ca</a> <b>Main address:</b> 211 Bronson Avenue, Suite 313/314, Ottawa, ON K1R 6H5 <b>Single or multi-site:</b> Single		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> None found
<b>Program description and objectives:</b> The program is a community of peers using their lived experiences with the mental health system to support one another. It offers a safe and non-judgmental environment for consumers/survivors of the mental health system and their families to come together, support one another, and build upon their skills. Psychiatric Survivors of Ottawa is a non-profit, member-driven organization.		<b>Span of services and supports:</b> Psychiatric Survivors of Ottawa offers peer support groups that can be joined online. All peers ages 16 and older with mental health or substance use needs are welcome. Online, telephone, and email peer support is also available for friends and family of people experiencing mental health or addiction needs.
<b>Additional notes:</b> N/A		

\*

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Prince Edward Island

## organizations and programs

Created in 2010, **Health PEI** operates hospitals, health centres, community-based programs and services, and more. Mental health services are offered in hospitals and in community health facilities across the province, with bilingual services available in some locations. Mental health walk-in clinics also offer immediate support for anxiety, depression, and other complex needs.



### Service navigation and crisis lines

**Health PEI** oversees the delivery of publicly funded health services on Prince Edward Island.

Visit: [princeedwardisland.ca/en/topic/health-pei](https://princeedwardisland.ca/en/topic/health-pei)

The Health PEI website also provides information on mental health and substance use services and resources.

Visit: [princeedwardisland.ca/en/information/health-pei/mental-health-services](https://princeedwardisland.ca/en/information/health-pei/mental-health-services)

The **Mental Health and Addictions Information Line** is available Monday to Friday from 8 a.m. to 4 p.m.

Call: 1-833-533-9333

The **Native Council of Prince Edward Island** offers various programs to promote the resilience of Indigenous people and their families, and provide support to off-reserve Indigenous people in the province.

Visit: [ncpei.com/services](https://ncpei.com/services)

### Other services

No more detailed information was found on services specifically designed for people transitioning from the criminal justice system to the community, despite attempts to contact leads from local services and agencies.

# Quebec

## organizations and programs

*Note: Most materials reviewed for this section were translated into English.*

In Quebec, the **Ministry of Health and Social Services** (Ministère de la Santé et des Services sociaux) shares responsibilities with health and social service institutions across 18 health regions. According to local service providers, there is a wide variety of organizations that work with people transitioning away from the criminal justice system, though most do not specialize in this area.



### Service navigation and crisis lines

The **Ministry of Health and Social Services** offers mental health information and support resources, as well as resources on substance use.

Visit: [quebec.ca/en/health/health-issues/mental-health-mental-illness/#c1578](http://quebec.ca/en/health/health-issues/mental-health-mental-illness/#c1578) (mental health)

Visit: [ciusss-centresudmtl.gouv.qc.ca/soins-et-services/problemes-de-consommation-ou-de-dependance](http://ciusss-centresudmtl.gouv.qc.ca/soins-et-services/problemes-de-consommation-ou-de-dependance) (substance use)

**Ami Québec** lists a series of crisis and support lines to call.

Visit: [amiquebec.org/listen](http://amiquebec.org/listen)

**Drogue : aide et référence (DAR)** offers support, information, and referrals to people who use substances.

Call: 514-527-2626 (Montreal and surroundings)

Call: 1-800-265-2626 (rest of the province)

### Other services

**Diogène** provides a listing of health and social resources that could also be relevant for people transitioning from the criminal justice system to the community.

Visit: [diogeneqc.org/bottin-ressources](http://diogeneqc.org/bottin-ressources)

**Pech** offers community support and crisis services.

Visit: [infopech.org](http://infopech.org)

**Espadrille Social Reintegration Service** supports people who are under provincial jurisdiction in a detention centre.

Visit: [ymcaquebec.org/fr/Programmes-communautaires/Prevention-de-l-exclusion/Service-de-reinsertion-sociale-Espadrille](http://ymcaquebec.org/fr/Programmes-communautaires/Prevention-de-l-exclusion/Service-de-reinsertion-sociale-Espadrille)



**Le Marigot de Matane** is an alternative living environment for adults who are living with mental health needs or are concerned about their mental health.

Visit: [santementalebsl.org/organisme/centre-alternatif-en-sante-mentale-et-sociale-le-marigot-de-matane/#description](https://santementalebsl.org/organisme/centre-alternatif-en-sante-mentale-et-sociale-le-marigot-de-matane/#description)

**Maison l'Intervalle** offers accommodation and follow-up services in the community for forensic clients.

Visit: [asrsq.ca/en/member-organizations/maison-lintervalle](https://asrsq.ca/en/member-organizations/maison-lintervalle)

**Centre l'Entre-Toit** also offers accommodation and follow-up services in the community.

Visit: [lentretoit.org](https://lentretoit.org)

# Diogène

<b>Agency/organization/provider name:</b> Diogène	<b>Province/territory where located:</b> Quebec
<b>Geographic reach or focus of program:</b> Local/municipal	<b>Language of services:</b> French
<b>Contact information:</b> Phone: 514-874-1214 Email: <a href="mailto:info@diogeneqc.org">info@diogeneqc.org</a> <b>Website:</b> <a href="http://diogeneqc.org">diogeneqc.org</a> <b>Main address:</b> P.O. Box 608, Succ. C, Montreal, QC H2L 4L5 <b>Single or multi-site:</b> Single	<b>Specific services available for:*</b> <input checked="" type="radio"/> Other (program participants must have severe and persistent needs in mental health and be experiencing homelessness or in contact with the criminal justice system)
<b>Specific focus on criminal justice-involved populations:</b> Yes	<b>Referral required:</b> Not specified
<b>Costs associated:</b> Not specified	<b>Supporting evidence/evaluation available online:</b> None found

## Program description and objectives:

The mission of Diogène, as a community organization, is to offer services adapted to the needs of adults living with severe and persistent mental health issues associated with being involved in the criminal justice system or experiencing homelessness. Services are intended to support individual well-being and include follow-up and supports in the community.

## Span of services and supports:

Diogène offers various services adapted to the needs of the individual, while respecting the philosophy and mission of the organization. Three intervention teams provide

- transitional/temporary support services
- ongoing support services
- housing support services.

These teams work with various organizations, professionals, and family members. If necessary, Diogène can refer clients to services available in the community, including rights organizations or any other resource related to their expressed needs.

The organization also provides

- one-off clinical-type activities, such as reflection-, sharing-, and learning-focused activities addressing
  - emotional management
  - stress and anxiety
  - non-violent communication
  - self-esteem
  - recovery
  - personal growth.
- group clinical interventions.

## Additional notes:

N/A



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Maison St-Léonard and Service Oxygène

<b>Agency/organization/provider name:</b> Corporation Maison Cross Roads	<b>Province/territory where located:</b> Quebec
<b>Geographic reach or focus of program:</b> Provincial	<b>Language of services:</b> English and French
<b>Contact information:</b> Phone: 514-932-7188 Email: <a href="mailto:info@maisoncrossroads.qc.ca">info@maisoncrossroads.qc.ca</a> <b>Website:</b> <a href="http://maisoncrossroads.qc.ca">maisoncrossroads.qc.ca</a> <b>Main address:</b> 5262 Notre-Dame St. West, Montreal, QC H4C 1T5 <b>Single or multi-site:</b> Multi	<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>● Women</li> <li>● Age 55+</li> <li>● Other (Service Oxygène is specifically for adults 55+ who are currently or formerly incarcerated)</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> Yes	<b>Referral required:</b> Yes
<b>Costs associated:</b> Not specified	<b>Supporting evidence/evaluation available online:</b> None found

## Program description and objectives:

Maison Cross Roads is a not-for-profit community-based organization affiliated with the Association des services de réhabilitation sociale du Québec (ASRSQ), St. Leonard Society of Canada, and other organizations with similar missions. It provides social and community reintegration programs and services to men and women involved in the criminal justice system.

### Objectives:

- Foster self-sufficiency and empowerment, so people in contact with the criminal justice system can adapt to social and community integration.
- Provide services and programs approved by the board of directors, to prevent recidivism.

- Promote and, where possible, implement programs and services that contribute to improving community corrections practices.
- Raise community awareness of the realities faced by people involved with the criminal justice system.
- Identify the social, demographic, and cultural needs of people in contact with the criminal justice system and develop appropriate programs.

Service Oxygène has more specific objectives regarding the social integration of older adults.



This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

*more on next page*

**Span of services and supports:**

The primary purpose of **Maison St-Léonard** is to provide a structured release program for people transferred from federal correctional institutions. Residential and supervision services are provided for people released on day parole, full parole, statutory release, and unescorted temporary absence. Staff offer a humanistic and individualized approach to social integration.

Services provided include

- individual assessment of social integration needs
- individual intervention specifically adapted to meet these needs
- referrals to community resources and agencies
- 22 single-occupancy and six double-occupancy rooms
- proximity to adult education centres.

Maison Cross Roads' other main service, **Service Oxygène**, focuses on older adults (50+) who have received a life or long-term sentence or have been incarcerated later in life and

- are experiencing difficulties in transitioning away from detention

- have already been released in the community and may be experiencing difficulties as a result of their long-term incarceration, emerging physical or mental health needs, or any other crisis situation
- are lacking housing, financial, or other key supports/networks.

Service Oxygène meets individuals experiencing one or more of these needs and intercedes, on their behalf, within various correctional and community networks.

Services include

- orienting clients toward services and programs available in the community
- ongoing liaison with case management officers (in institutions and in the community) and staying informed of Correctional Service of Canada and National Parole Board policies
- referrals for placement in accommodations
- referrals to various senior's resources, including long-term care facilities.

**Additional notes:**

Individuals not eligible for Maison St-Léonard include those

- with a record of repeat sexual offences
- who require intensive psychiatric care
- with an ongoing drug/alcohol concern
- who are "known informants"
- facing a deportation/expulsion order
- unable to communicate in English or French.

# Minowé Clinic

<b>Agency/organization/provider name:</b> Val-d'Or Native Friendship Centre and local public health authority (CISSS)	<b>Province/territory where located:</b> Quebec
<b>Geographic reach or focus of program:</b> Local/municipal	<b>Language of services:</b> English and French
<b>Contact information:</b> Phone: 819-825-6857 Email: None found <b>Website:</b> <a href="http://en.caavd.ca/minoweacute-clinic.html">en.caavd.ca/minoweacute-clinic.html</a> <b>Main address:</b> 1272, 7 <sup>st</sup> Street, Val-d'Or, QC J9P 6W6 <b>Single or multi-site:</b> Single	<b>Specific services available for:*</b> <input checked="" type="radio"/> First Nations, Inuit, and/or Métis <input checked="" type="radio"/> Women
<b>Specific focus on criminal justice-involved populations:</b> No	<b>Referral required:</b> Not specified
<b>Costs associated:</b> Not specified	<b>Supporting evidence/evaluation available online:</b> None found
<b>Program description and objectives:</b> The Minowé Clinic is integrated into the local network of health and social services of the Vallée-de-l'Or area. It facilitates Indigenous persons' access to culturally relevant and safe health and social services.	<b>Span of services and supports:</b> Among relevant services and supports offered by the program are those designed to address <ul style="list-style-type: none"> <li>■ family and relationship issues</li> <li>■ addiction</li> <li>■ mental health needs.</li> </ul> The program offers social services from staff social workers, mental health services from a staff psychologist, traditional services, and community services such as daycare and wrap-around supports through the local Friendship Centre.

**Additional notes:**

N/A

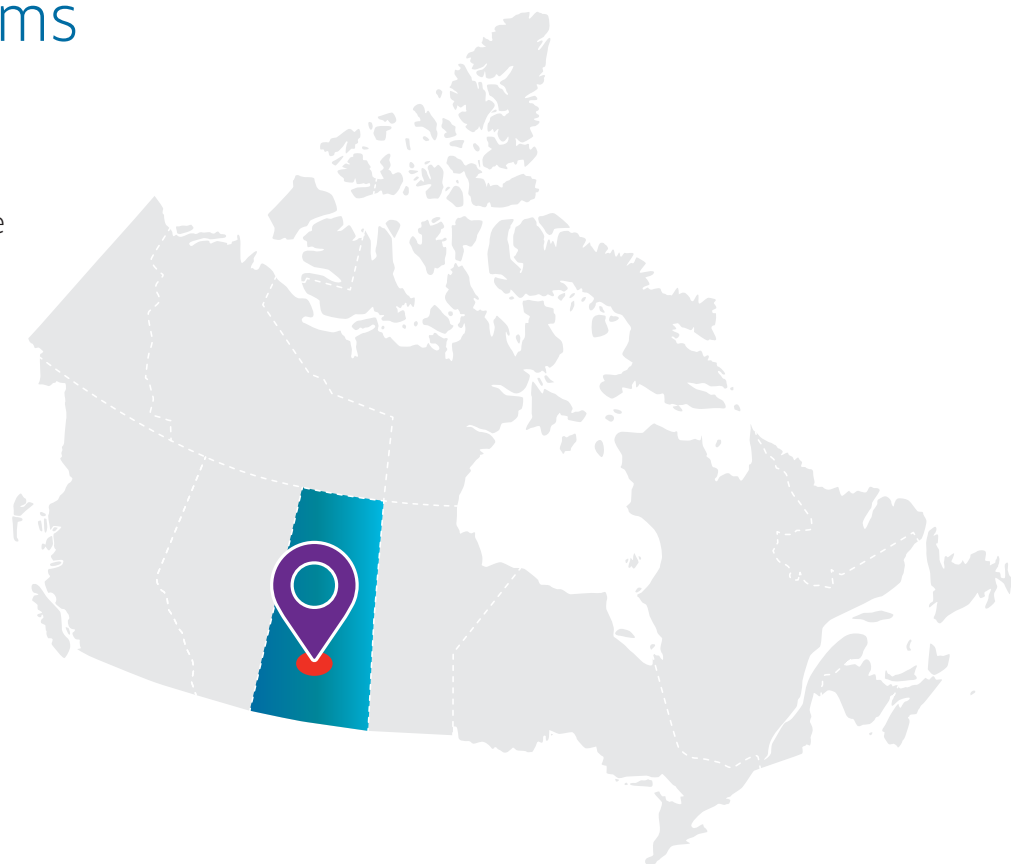


This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

# Saskatchewan

## organizations and programs

The **Saskatchewan Health Authority** (SHA) launched in 2017, becoming a single provincial health authority. The SHA Mental Health and Addictions Services provide a range of services, supports, and educational resources to assist people living with mental illness and substance use needs in Saskatchewan.



## Service navigation and crisis lines

**SHA Mental Health and Addictions Services** offer services and supports for mental health and substance use:

Visit: [saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services](https://saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services) (mental health)

Visit: [saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support](https://saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support) (substance use)

The **Mobile Crisis Helpline** offers 24/7 crisis counselling support.

Call: [306-757-0127](tel:306-757-0127)

**Mobile Crisis Services** provides a listing of other crisis lines in Saskatchewan.

Visit: [mobilecrisis.ca/programs-services/mental-health-wellness](https://mobilecrisis.ca/programs-services/mental-health-wellness)

Visit: <https://mobilecrisis.ca/contact-us>

**Métis Nation – Saskatchewan** offers a line for help with navigating mental health and addiction supports, Monday to Friday from 8 a.m. to 4 p.m.

Call: [1-855-671-5638](tel:1-855-671-5638) (toll-free)

Call: [1-877-767-7572](tel:1-877-767-7572) (24-hour crisis line)


## Métis-specific services

A 2018 report on the availability of Métis-specific health-related services found that, while there are many services available throughout the province of Saskatchewan, there is a gap in Métis-specific mental health and counselling services.

**Métis Nation – Saskatchewan** offers the crisis lines noted above as well as counselling, mental health assessment, case coordination, and other services (see [metisnationsk.com/2020/06/15/mental-health-and-addictions-program/](https://metisnationsk.com/2020/06/15/mental-health-and-addictions-program/)).

# Métis Addictions Council of Saskatchewan (MACSI) Centres

<b>Agency/organization/provider name:</b> Métis Addictions Council of Saskatchewan	<b>Province/territory where located:</b> Saskatchewan
<b>Geographic reach or focus of program:</b> Provincial	<b>Language of services:</b> English
<b>Contact information:</b> Phone: 306-651-3021 Toll-free: 1-866-722-2155 (Prince Albert) 1-877-652-8951 (Saskatoon) 1-866-815-6515 (Regina) Email: <a href="mailto:cm@macsi.ca">cm@macsi.ca</a> <b>Website:</b> <a href="http://macsi.ca">macsi.ca</a> <b>Main address:</b> 1-2220 Northridge Drive, Saskatoon, SK (MACSI Core Office) <b>Single or multi-site:</b> Multi	<b>Specific services available for:*</b> <ul style="list-style-type: none"> <li>First Nations, Inuit, and/or Métis</li> <li>Other (Métis, but welcomes First Nations and non-Indigenous people as well)</li> </ul>
<b>Specific focus on criminal justice-involved populations:</b> No	<b>Referral required:</b> Yes
<b>Costs associated:</b> Not specified	<b>Supporting evidence/evaluation available online:</b> None found
<b>Program description and objectives:</b> This program aims to empower individuals through a continuum of addictions services, including education, treatment, and aftercare to restore a balanced, harmonious, and productive lifestyle.	<b>Span of services and supports:</b> MACSI is a provincial community-based addictions agency with locations in three cities: Saskatoon, Regina, and Prince Albert. MACSI's programs and services are unique and informed by a broad spectrum of influences. These include knowledge of Métis heritage, traditional teachings, the 12-step recovery model, Saskatchewan's Clinical Principles for Alcohol and Drug Misuse Services in Saskatchewan, and up-to-date research and emerging trends in the field of substance use. The website provides more detail on specific services at each location, but each offers inpatient treatment and outpatient services. There is also a day program in Saskatoon and a stabilization program in Prince Albert.
<b>Additional notes:</b> N/A	

 This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.



# Yukon

## organizations and programs

Recently, there have been some shifts in the territorial delivery model for Yukon counselling services, with the **Canadian Mental Health Association (CMHA), All Genders Yukon**, and the **Mental Wellness and Substance Use Services branch** named as core service providers (see [cbc.ca/news/canada/north/many-rivers-closing-yukon-government-1.5260490](https://www.cbc.ca/news/canada/north/many-rivers-closing-yukon-government-1.5260490)).

According to the Yukon Review Board, [Mental Wellness and Substance Use Services](#) in Whitehorse provide support to people in need of mental health supports who are in and out of custody, as well as those who are part of the forensic system.



### Service navigation and crisis lines

The **CMHA Yukon Division** provides a listing of relevant facilities, phone lines, and safety apps.

Visit: [yukon.cmha.ca/home/mental-health/find-help-now/other-yukon-resources/](http://yukon.cmha.ca/home/mental-health/find-help-now/other-yukon-resources/)

The **Government of Yukon** offers assistance finding free substance-use services.

Call: [867-456-3838](tel:867-456-3838)

Call: [1-866-456-3838](tel:1-866-456-3838) (toll-free)

The **Yukon Distress and Support Line** is available nightly from 7 p.m. to 3 a.m.

Call: [1-800-563-0808](tel:1-800-563-0808) (toll-free)

### Indigenous-specific services

The **Yukon Gladue Research and Resource Identification Project** report provides a directory of Indigenous-specific aftercare supports, including formal and informal services for people with community-based and non-custodial sentences.

See: [cyfn.ca/wp-content/uploads/2013/09/Yukon-Gladue-Report-2015.pdf](http://cyfn.ca/wp-content/uploads/2013/09/Yukon-Gladue-Report-2015.pdf)

The **Kwanlin Dün Jackson Lake healing program** offers culturally appropriate wellness supports for First Nations community members.

Visit: [kwanlindun.com/health/spiritual-and-mental-wellness/](http://kwanlindun.com/health/spiritual-and-mental-wellness/)

The **Community Wellness Department of the Champagne and Aishihik First Nations** also provides culturally appropriate services.

Visit: [cafn.ca/government/departments/community-wellness/](http://cafn.ca/government/departments/community-wellness/)

# Mental Wellness and Substance Use Services

<b>Agency/organization/provider name:</b> Yukon Government Department of Health and Social Services		<b>Province/territory where located:</b> Yukon	
<b>Geographic reach or focus of program:</b> Territorial		<b>Language of services:</b> English	
<b>Contact information:</b> Phone: 867-456-3838 Toll-free: 1-866-456-3838 Email: N/A  <b>Website:</b> <a href="http://yukon.ca/en/mental-wellness">yukon.ca/en/mental-wellness</a> <b>Main address:</b> Mental Wellness and Substance Use Services – Prevention (H-7) Health & Social Services, Government of Yukon Box 2703, Whitehorse, YT Y1A 2C6  <b>Single or multi-site:</b> N/A		<b>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<b>Specific focus on criminal justice-involved populations:</b> No		<b>Referral required:</b> No	
<b>Costs associated:</b> No		<b>Supporting evidence/evaluation available online:</b> None found	
<b>Program description and objectives:</b> The program provides support for people who have needs in mental health and substance use, including <ul style="list-style-type: none"> <li>■ one-on-one counselling</li> <li>■ short-term counselling</li> <li>■ education.</li> </ul>			
<b>Span of services and supports:</b> Access to adult counselling services includes <ul style="list-style-type: none"> <li>■ rapid-access counselling – one session of targeted counselling designed to support in the moment and help find solutions</li> <li>■ clinical counselling services – longer-term targeted counselling for people             <ul style="list-style-type: none"> <li>▪ living with mental health concerns</li> <li>▪ living with substance use</li> <li>▪ supporting someone with mental health or substance use needs.</li> </ul> </li> <li>■ group counselling services – groups and classes related to mental health and substance use including             <ul style="list-style-type: none"> <li>▪ changeways (cognitive-behavioural therapy group)</li> <li>▪ surviving anxiety (cognitive-behavioural therapy group for people with anxiety)</li> <li>▪ trauma information group (for people who have experienced trauma)</li> <li>▪ dialectical behavioural therapy</li> <li>▪ foundations (educational group that meets once a week)</li> <li>▪ recovery group.</li> </ul> </li> </ul>			

**\***

This information is based on program information available online. Not all organizations indicate specific populations, but may still offer programs or services tailored to particular population groups.

*more on next page*

---

*Span of services and supports: (continued)*

Under substance use services, the counselling services that are available include

- drop-in counselling every Wednesday
- brief counselling (two sessions) option for individuals who may not require further counselling
- treatment matching (referral to the program that best meets the needs of an individual or referral to another organization)
- screening and assessment for substance use
- individual counselling and support for families treatment of concurrent mental illness or substance use needs
- pre-treatment counselling and preparation for intensive treatment
- aftercare support, psycho-educational, and skill-based groups
- recovery support group.

There are also two separate live-in intensive treatment programs for adults.

**Additional notes:**

Mental Wellness and Substance Use Services in Whitehorse provide support to all mental health clients, including people who are in and out of custody and review board clients. An opioid overdose prevention coordinator is also available part-time to provide training on how to use take-home naloxone kits, distribute prevention materials, and respond to questions. The program also has a wide selection of pamphlets and booklets on drug-related information, the effects of addiction on family, living in recovery, and more. All information requests are confidential.

## Propose a new resource to be included in this inventory

This inventory represents mental health and substance use services and supports identified during a relatively short period of time (September 2020 to February 2021). One notable gap is a lack of programs and services specific to First Nations, Inuit, and Métis peoples. As such, this inventory is by no means an exhaustive list of services and supports. The MHCC may update this inventory as other resources are identified that address gaps.

Please submit a program, service or resource that is not included in this first edition of the inventory. All submissions will be reviewed for inclusion in the next edition of the inventory.

[Click here to propose a program to be included in the inventory.](#)

The inventory includes:

- community-based mental health and substance use services and supports specific to people who are transitioning away from the criminal justice system.

The inventory does not include:

- mental health and substance use programs embedded in correctional institutions or therapeutic residences run by the Correctional Service of Canada (but some programs are included that are available only to people who are or have been recently incarcerated)
- mental health and wellness courts
- drug treatment courts
- forensic mental health hospital settings (those designed primarily for people found not criminally responsible on account of mental disorder or unfit to stand trial).

For more information on the scope of this inventory, please refer to [pages 4-5](#).



# Appendix: Glossary of terms

**Alcoholics Anonymous (AA)** is an international self-support network for individuals seeking a sobriety approach to alcohol-related problems.

**Assertive community treatment (ACT)** is a model of care designed to improve community-based care for people living with a serious mental illness or associated complexities such as difficulty with following treatment.

**Cognitive behavioural therapy (CBT)** is a highly structured and time-limited form of psychotherapy focused on addressing challenging thoughts and behaviours.

**Concurrent disorders** refers to co-occurring problems or illnesses, particularly co-occurring mental health and substance use concerns.

**Continuity of care** refers to the quality of health and social service care that individuals receive over time.

**Critical time intervention (CTI)** is an intervention model designed to help individuals through critical transitional periods such as the transition to the community from correctional settings, shelters, and hospitals.

**Dialectical behaviour therapy (DBT)** is a form of psychotherapy focused on building healthier ways to manage stress, mood, and relationships.

**Discharge** or **release planning** refers to the process of preparing individuals for their release from incarceration and community re-entry.

**Diversion** refers to processes and opportunities for redirecting people away from the criminal justice system.

The **federal correctional system** in Canada oversees people who have been convicted of criminal offences and sentenced to two years or more. The Correctional Service of Canada manages federal correctional institutions and supervises persons under conditional release in the community.

**Forensic assertive community treatment (FACT)** is a type of specialty mental health program for individuals living with one or more serious mental illnesses who are involved in the forensic care system.

The **forensic care system** provides service to individuals who have been involved in the criminal justice system while experiencing one or more serious mental illnesses. Typically in Canada, this system provides mental health care for persons who have been found not criminally responsible on account of mental disorder and those deemed unfit to stand trial.

A **halfway house** is a type of setting designed for people who have been involved in the criminal justice system to assist with their community re-entry.

**Harm reduction** comprises an array of policies, services, and practices that aim to reduce the negative health and social impacts associated with substance use, drug policy, and drug laws.

**Health equity** is the principle that all people should have equal access to opportunities to achieve their highest health potential, independent of differences in social, economic, and demographic status.

**Mental health court** is a type of criminal law court for people with lived and living experience of mental illness or mental health concerns.

**Naloxone** is a medication used to counter the effects of opioid overdose.

**Narcotics Anonymous (NA)** is an international support network for people seeking recovery from use of drugs other than alcohol.

The **provincial/territorial correctional systems** in Canada are responsible for managing people who are on remand, are convicted and sentenced to less than two years, or are in immigration detention.

**Rapid-access addiction medicine (RAAM)** clinics offer quick access to care for people living with substance use concerns.

**Recidivism** refers to the tendency for people who have been previously involved with the criminal justice system to be re-exposed to the criminal justice system.

**Reintegration** refers to the transition away from criminal justice settings such as correctional facilities and back to the community.

**Transitional and supportive housing** includes temporary types of accommodation designed to help people move away from homelessness or precarious housing to permanent housing. Supportive housing includes affordable community housing combined with dedicated support from mental health and/or substance use program staff.

**Trauma-informed practice and policies** recognize the complexities of personal, family, and community experiences of trauma. They incorporate what is needed to prevent re-traumatization including acknowledgement of the contributing cultural and systemic forces and power dynamics such as colonialization, social exclusion of diverse people, and systemic racism. These policies facilitate journeys of mental health recovery through compassionate care, consumer choice, flexibility, and opportunities for self-mastery and resilience-building.