

# 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.	

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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>	

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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:

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

## 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.