

# 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>Specific services available for:*</b> <input checked="" type="radio"/> Women	<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 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> 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.	<b>Span of services and supports:</b> Among other services offered, supports relevant to this inventory include <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>	

 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:

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.

# 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> 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.		<b>Span of services and supports:</b> A community mental health worker helps people via <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><input checked="" type="radio"/> First Nations, Inuit, and/or Métis</li> <li><input checked="" type="radio"/> 2SLGBTQ+</li> <li><input checked="" type="radio"/> Immigrant, refugee, ethno-cultural, and/or racialized communities</li> <li><input checked="" type="radio"/> 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>



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## 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.

## 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).



## 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.