

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

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

Ilisaqsivik Society in Clyde River

ilisaqsivik.ca/en

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

facebook.com/groups/121529231286903

Iqaluit Community Tukisigiarvik Society

vimeo.com/12925366

Iqaluit Community Tukisigiavik Society

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

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.