

# 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://arcticindigenousewellness.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: [arcticindigenousewellness.org](https://arcticindigenousewellness.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> <input checked="" type="radio"/> First Nations, Inuit, and/or Métis <input checked="" type="radio"/> Other (men)	
<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>	



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

# 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>Specific services available for:*</b> <input checked="" type="radio"/> None Specified	
<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 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.

## 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.