

# 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 [metisnation.sk.com/2020/06/15/mental-health-and-addictions-program/](https://metisnation.sk.ca/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><input checked="" type="radio"/> First Nations, Inuit, and/or Métis</li> <li><input checked="" type="radio"/> 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.

## 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.