

Yukon

organizations and programs

Recently, there have been some shifts in the territorial delivery model for Yukon counselling services, with the **Canadian Mental Health Association (CMHA), All Genders Yukon**, and the **Mental Wellness and Substance Use Services branch** named as core service providers (see [cbc.ca/news/canada/north/many-rivers-closing-yukon-government-1.5260490](https://www.cbc.ca/news/canada/north/many-rivers-closing-yukon-government-1.5260490)).

According to the Yukon Review Board, [Mental Wellness and Substance Use Services](#) in Whitehorse provide support to people in need of mental health supports who are in and out of custody, as well as those who are part of the forensic system.



Service navigation and crisis lines

The **CMHA Yukon Division** provides a listing of relevant facilities, phone lines, and safety apps.

Visit: yukon.cmha.ca/home/mental-health/find-help-now/other-yukon-resources/

The **Government of Yukon** offers assistance finding free substance-use services.

Call: 867-456-3838

Call: 1-866-456-3838 (toll-free)

The **Yukon Distress and Support Line** is available nightly from 7 p.m. to 3 a.m.

Call: 1-800-563-0808 (toll-free)

Indigenous-specific services

The **Yukon Gladue Research and Resource Identification Project** report provides a directory of Indigenous-specific aftercare supports, including formal and informal services for people with community-based and non-custodial sentences.

See: cyfn.ca/wp-content/uploads/2013/09/Yukon-Gladue-Report-2015.pdf

The **Kwanlin Dün Jackson Lake healing program** offers culturally appropriate wellness supports for First Nations community members.


Visit: kwanlindun.com/health/spiritual-and-mental-wellness/

The **Community Wellness Department of the Champagne and Aishihik First Nations** also provides culturally appropriate services.

Visit: cafn.ca/government/departments/community-wellness/

Mental Wellness and Substance Use Services

Agency/organization/provider name: Yukon Government Department of Health and Social Services		Province/territory where located: Yukon	
Geographic reach or focus of program: Territorial		Language of services: English	
Contact information: Phone: 867-456-3838 Toll-free: 1-866-456-3838 Email: N/A Website: yukon.ca/en/mental-wellness Main address: Mental Wellness and Substance Use Services - Prevention (H-7) Health & Social Services, Government of Yukon Box 2703, Whitehorse, YT Y1A 2C6 Single or multi-site: N/A		Specific services available for:* <input checked="" type="radio"/> None Specified	
Specific focus on criminal justice-involved populations: No		Referral required: No	
Costs associated: No		Supporting evidence/evaluation available online: None found	
Program description and objectives: The program provides support for people who have needs in mental health and substance use, including <ul style="list-style-type: none"> ■ one-on-one counselling ■ short-term counselling ■ education. 			
Span of services and supports: Access to adult counselling services includes <ul style="list-style-type: none"> ■ rapid-access counselling – one session of targeted counselling designed to support in the moment and help find solutions ■ clinical counselling services – longer-term targeted counselling for people <ul style="list-style-type: none"> • living with mental health concerns • living with substance use • supporting someone with mental health or substance use needs. ■ group counselling services – groups and classes related to mental health and substance use including <ul style="list-style-type: none"> • changeways (cognitive-behavioural therapy group) • surviving anxiety (cognitive-behavioural therapy group for people with anxiety) • trauma information group (for people who have experienced trauma) • dialectical behavioural therapy • foundations (educational group that meets once a week) • recovery group. 			

 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.

more on next page

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.