

# Mind and Spirit: Promoting Mental Health and Addictions Recovery in the Northwest Territories



**CHILD AND YOUTH  
MENTAL WELLNESS ACTION PLAN  
2017-2022**

SEPTEMBER 2017

Government of  
Northwest Territories



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# Minister's Message

The *Child and Youth Mental Wellness Action Plan* builds on the Strategic Framework, *Mind and Spirit: Promoting Mental Health and Addictions Recovery in the Northwest Territories*, and supports the current Mandate of the Government of the Northwest Territories (GNWT) to focus on mental health and addictions by ensuring that services are delivered locally with culturally-appropriate methods.

This action plan represents a shared vision and partnership between the Departments of Health and Social Services (HSS); Education, Culture and Employment; Justice; and Municipal and Community Affairs. The work was guided by the results of extensive engagement with Northwest Territories' youth, which was conducted over the past year. Youth know what threatens their mental wellness and they also know what they need to be healthy and well. We will continue to engage youth throughout the life of the plan to ensure that we are getting it right.

This action plan focuses on the strengths that already exist in our system, improving communication and collaboration, increasing access to specialized mental health services, and addressing the social determinants of health. Connection to culture is foundational to lifelong mental wellness, and this action plan supports the need for children and youth to participate in cultural and land based programming. Our goal is to create a truly holistic, integrated approach to caring for the mental wellness of our children and youth from birth through to adulthood to ensure that they thrive and become their best selves.

It is with great optimism for the future that we begin the implementation of this action plan. Success in this will mean greater health and wellness for children, youth and their families, as well as a strong future for the NWT.

Glen Abernethy  
Minister of Health and Social Services



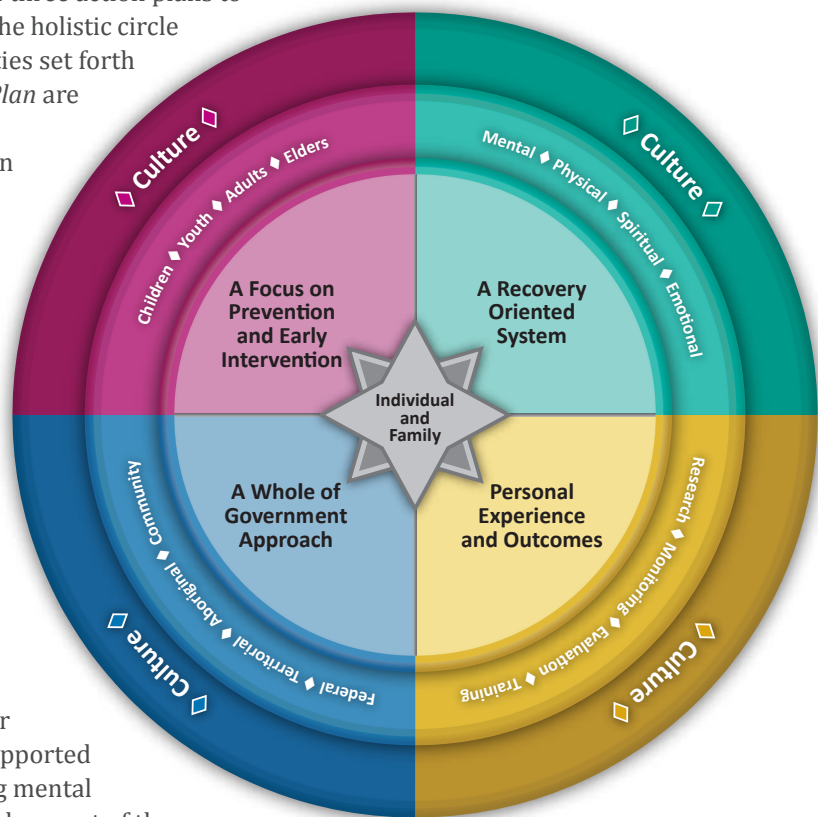
# Introduction

In November 2016, the Department of Health and Social Services released *Mind and Spirit: Promoting Mental Health and Addictions Recovery in the Northwest Territories* (Framework). The *Child and Youth Mental Wellness Action Plan* is the first of three action plans to be developed under the Framework. Based on the holistic circle of care described in the Framework, the activities set forth in the *Child and Youth Mental Wellness Action Plan* are guided by four strategic directions:

- A Focus on Prevention and Early Intervention
- A Recovery-Oriented System
- Personal Experience and Outcomes
- A Whole of Government Approach.

The *Child and Youth Mental Wellness Action Plan* is the product of collaboration among multiple Departments and Authorities within the Government of the Northwest Territories (GNWT) – Health and Social Services system (HSS); Department of Education, Culture and Employment (ECE); Department of Justice (DOJ); and Department of Municipal and Community Affairs (MACA).

This Action Plan reflects what was heard from approximately 130 youth from every region of the Northwest Territories (NWT) about their mental wellness needs, and this insight was supported by leading practices and research in promoting mental wellness in children and youth. Lastly, the development of the *Child and Youth Mental Wellness Action Plan* was informed by past reviews of Mental Health and Addictions Services in the NWT; recommendations from the 2016 Expert Panel Review; the Quality Mental Health Care Action Plan; and by National Frameworks on mental wellness and life promotion.





Mental wellness promotion and addictions prevention is particularly critical for children and youth, and requires partnerships in the areas of early childhood development; anti-poverty; child protection; language and culture preservation and promotion; and school-based mental health promotion and support. In order to ensure a comprehensive approach, various divisions within the Department of Health and Social Services were involved in the development of this action plan. Areas of the Department responsible for community-based counselling, culturally based programming, child and family supports, and health care all have a role to play in overall contributions to improving the mental wellness of children and youth. The Department works closely with the Health and Social Services Authorities as one system, working toward a common goal, to ensure successful implementation of this action plan and the delivery of programs and services that effectively support children, youth and their families. In addition to this integrated, internal approach to addressing the needs of children and youth, the *Child and Youth Mental Wellness Action Plan* is aligned with and builds on other GNWT Policy Frameworks and Action Plans, such as:

- Building Stronger Families – An Action Plan to Transform Child and Family Services
- Building a Culturally Respectful Health and Social Services System
- Early Childhood Development Strategic Framework and Action Plans
- Government of the Northwest Territories Anti-Poverty Action Plan
- Northwest Territories Aboriginal Languages Framework: A Shared Responsibility
- NWT Education Renewal Action Plan
- Skills 4 Success 4-Year Action Plan

None of these action plans work in isolation. They are all part of a larger picture, a whole of government approach to successfully supporting the full spectrum of child and youth mental wellness. Taken together, these action plans and the *Child and Youth Mental Wellness Action Plan*, represent a comprehensive and broad continuum of activities designed to improve and support the mental wellness of children and youth across the NWT.

### A Note on Youth Engagement

Taking the time to engage with youth in a meaningful way is critical to achieve success in supporting and promoting youth mental wellness. Listening to youth lets us know what is important to them, what types of services and information they need, and how they want to receive the information and services. This knowledge enables us to better prioritize our work.

As an example, at the *Back to the Trail Youth Gathering* that took place in May 2017, both youth and adults from across the NWT were asked to identify the top five topics they felt youth wanted to learn more about. The results of this exercise are below:

#### Youth

- Looking after our land
- Sexual health
- Suicide
- Healthy relationships
- Healthy coping skills

#### Adults

- Healthy relationships
- Substance use
- Sexual health
- Healthy coping skills
- Suicide

While there are similarities in the topic areas, there are also clear differences in how these topics are weighted. Knowing this helps us to target our efforts and prioritize our activities in a manner that is aligned with the priorities of NWT youth.

## Monitoring Progress

We will continue to engage with children, youth and their families to help shape our programs and services to better respond to their needs. We will review existing NWT data related to child and youth mental wellness, on an ongoing basis, to track changes over time. This data and feedback from children, youth and their families will also be used to inform program development and improve programs and services. In addition, we will report progress on specific Action Plan activities through the *NWT Health and Social Services System Annual Report*. Where identified in the Action Plan, we will be developing individual monitoring and evaluation plans. The focus of these plans will depend on the identified objectives for program monitoring, such as outcome achievement, information for program refinement, and evidence to inform and/or determine the need for program expansion.

## Seamless Care Pathway

This Action Plan addresses the full continuum of services that need to be in place to ensure optimal mental wellness for children and youth in the NWT. A full continuum of services consists of prevention, promotion, early identification, treatment and ongoing recovery supports. This represents a broad, holistic approach that involves governments, communities and families working together to promote resilience, increase protective factors, enhance coping skills, reduce stigma and increase cultural connection. It also includes government agencies working in a person and family centred, integrated manner to deliver services specific to the needs of the individual and family and in light of the existing resources in the community. This system needs to be adaptive and flexible because the needs of each child or youth can and will change over time and with age.

The Seamless Care Pathway model (**Figure 1**) recognizes that mental health and wellness services need to be tailored to the needs of the individual. This model offers a variety of services, from least to most intensive, which are then matched to the needs of the individual. Another key feature of this model is there is no wrong door to access services – service providers along the pathway will have the skills and information to work with individuals to determine their individual need and direct them to the appropriate provider(s) and supports. The Seamless Care Pathway model will improve the coordination of services and sharing of information through a team approach that also recognizes the role of family while respecting the rights of youth to privacy and confidentiality.



Our Seamless Care Pathway model recognizes that a person's culture, family values, and spirituality will impact care needs. Our plan commits the health and social services system to ensuring that a continuum of services is available to provide youth and their families with access to the appropriate services. There is also a critical role for communities to play in ensuring that appropriate supports are in place to promote and

encourage youth mental wellness. For Indigenous youth, this may mean access to land-based programs, cultural activities and language revitalization. For others, it may mean access to youth-focused recovery and aftercare programs. Some youth will find that engagement in sport and physical activity hastens their path to attaining and maintaining wellness, while for others, art or music may hold the key.

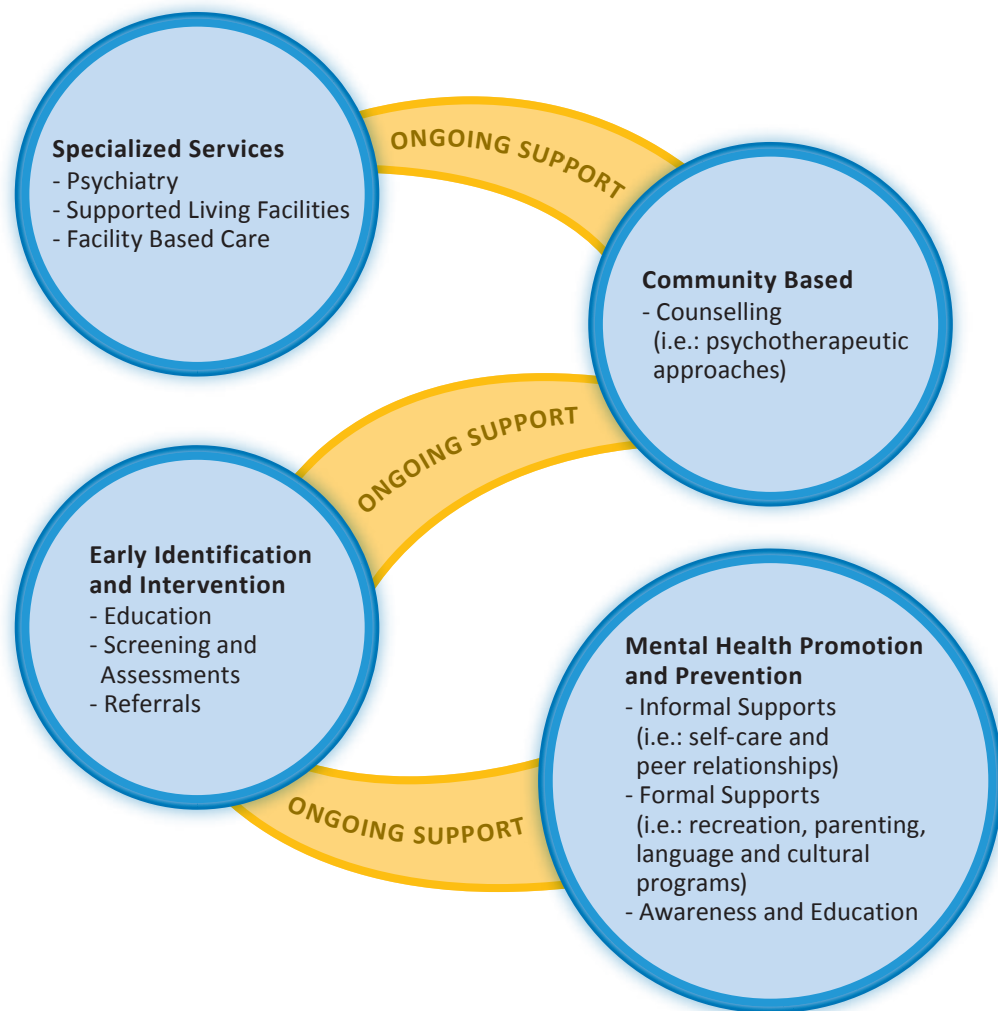


Figure 1 – Seamless Care Pathway

# Plan at a Glance

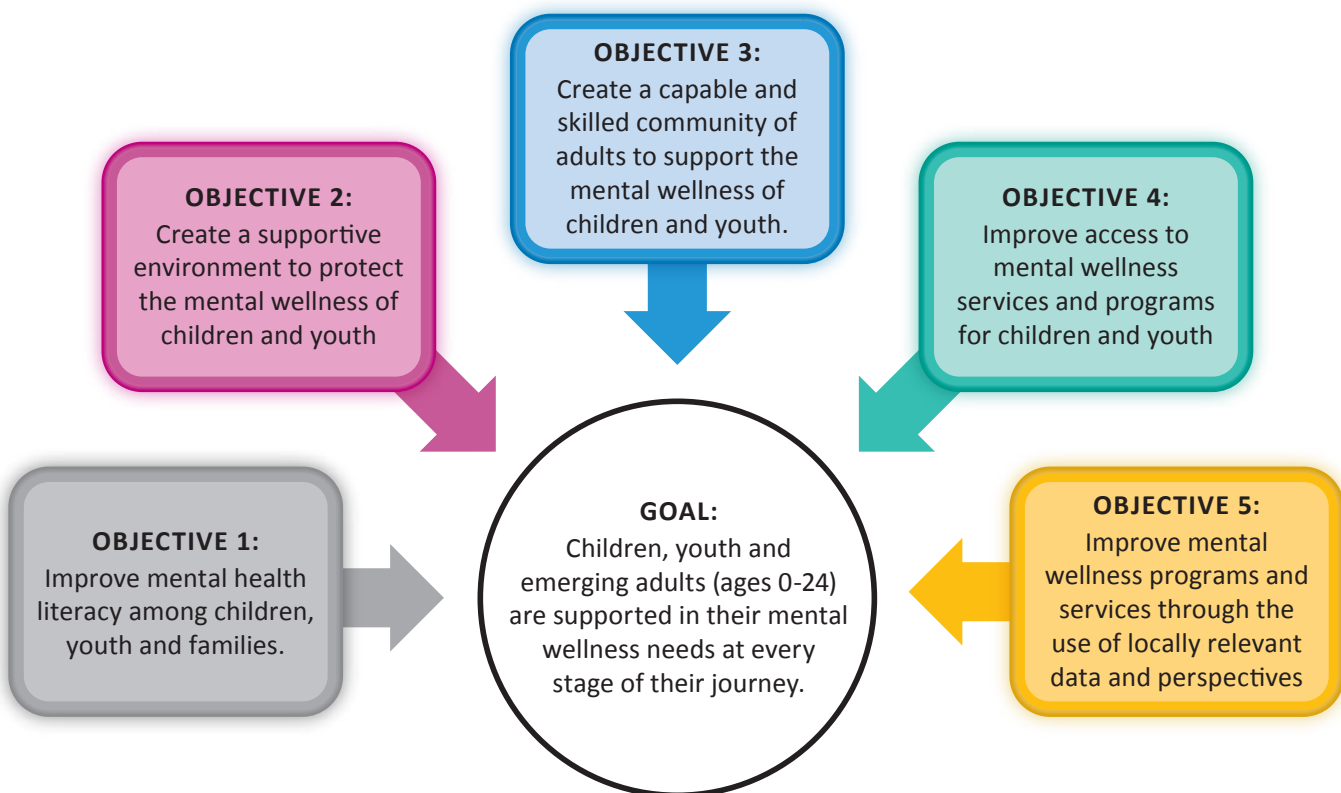
## Vision:

Foster hope, promote self-determination and build partnerships that support mental wellness and addictions recovery, while recognizing the uniqueness of each person's journey.<sup>1</sup>

## Strategic Directions:

Guided by the person and family and surrounded by culture.

- A Focus on Prevention and Early Intervention
- A Recovery-Oriented System
- Personal Experience and Outcomes
- A Whole of Government Approach



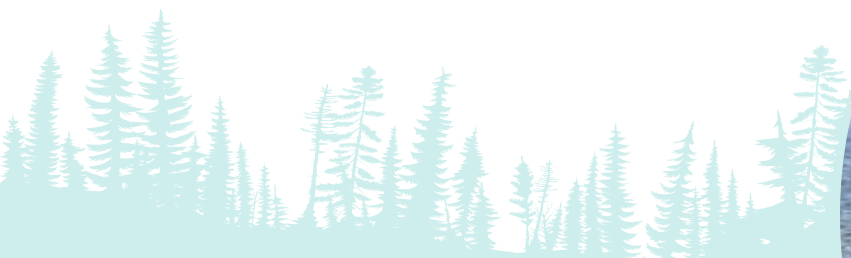
<sup>1</sup> Mind and Spirit: Promoting Mental Health and Addictions Recovery in the Northwest Territories, 2016, p.5

## OBJECTIVE 1: Improve mental health literacy among children, youth and families

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                            | Outputs                                                                | Outcomes                                                                                                                                               |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"> <li>Integrate mental wellness content and resources in existing early childhood and preschool programs and services: <ul style="list-style-type: none"> <li>NWT Well Child Record. (2017-2018)</li> <li>Healthy Family Program. (2017-2019)</li> <li>Day Cares/Day Homes. (2019-2021)</li> </ul> </li> </ul>                                                                                                     | New parents and caregivers have access to mental wellness information. | New parents and school-aged children have increased awareness and understanding of positive mental health and the resources available to support them. |
| ECE  | <ul style="list-style-type: none"> <li>Develop and integrate mental wellness content into the Health and Wellness Curriculum for Grades 4 to 6. (2017-2018)</li> <li>Develop and integrate mental wellness content into the Health and Wellness Curriculum for Grades 7 to 9. (2018-2019)</li> <li>Develop and integrate mental wellness content into the Health and Wellness Curriculum for Junior Kindergarten to Grade 3. (2019-2020)</li> </ul> | School aged children have access to mental wellness information.       |                                                                                                                                                        |

*“I think it is important to learn more about mental health, and for both youth and their parents to connect and understand each other’s struggles in this area.”*

– NWT Youth



## OBJECTIVE 1 cont'd: Improve mental health literacy among children, youth and families

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Outputs                                                                                                                           | Outcomes                                                                                                            |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"> <li>• Include NWT youth representation in the <i>My Voice My Choice</i><sup>2</sup> Steering Committee. (2017-2018)</li> <li>• Using the feedback from past NWT youth forums, design and implement a social marketing campaign approach and messages focused on topics important to youth (i.e.: healthy relationships, resilience, culture, drugs and alcohol, and suicide). (2018-2019)</li> <li>• Update messaging for the <i>My Voice My Choice</i> Campaign with ongoing youth feedback. (2019-2022)</li> </ul> | <i>My Voice My Choice</i> is re-launched as a social marketing campaign with a focus on youth mental wellness throughout the NWT. | Youth have information to positively impact their personal choices and behaviours related to their mental wellness. |
| HSS  | <ul style="list-style-type: none"> <li>• Develop and implement a monitoring plan to ensure the <i>Talking About Mental Illness</i> (TAMI) Program<sup>3</sup> meets the needs of NWT youth. (2017-2022)</li> <li>• Subject to available resources, deliver the TAMI Program in additional communities. (2017-2022)</li> </ul>                                                                                                                                                                                                                           | Children and youth have increased awareness of mental health related topics and available resources.                              | Children and youth are more likely to reach out for help when needed and know how to help others.                   |

**2** *My Voice, My Choice* is a social marketing campaign that provides NWT youth with information to positively impact their personal choices and behaviours related to their mental wellness.

**3** *Talking About Mental Illness* (TAMI) is a program designed for youth in schools. The primary goal is to reduce the stigma around mental illness so that youth are more likely to seek help for mental health related issues.

## OBJECTIVE 2: Foster a supportive environment to protect the mental wellness of children and youth

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Outputs                                                                                                                     | Outcomes                                                                                                |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"> <li>• Implement <i>Handle with Care</i> ©<sup>4</sup> training for Healthy Family Program workers. (2017-2018)</li> <li>• Survey parents and caregivers to determine what additional parenting information and supports they need, which would include traditional parenting. (2018-2019)</li> <li>• Subject to available resources, design and implement parenting supports and information, based on the parent survey from the previous year. (2019-2022)</li> </ul>                                                                                                                                        | Families have increased opportunities to identify their needs and participate in positive parenting programs.               | NWT families improve their knowledge and skills around positive parenting.                              |
| HSS  | <ul style="list-style-type: none"> <li>• Continue to deliver the <i>Children Who Witness Abuse</i> (CWWA) Programs<sup>5</sup> for the Family Violence Shelters in Yellowknife, Fort Smith and Hay River. (2017-2022)</li> <li>• Develop and implement a monitoring plan for the CWWA Program. (2018-2022)</li> <li>• Provide training to shelter workers to enhance the delivery of CWWA Program. (2018-2022)</li> <li>• Subject to available resources, expand the CWWA Program to other NWT shelters. (2019-2021)</li> <li>• Determine opportunities and appropriateness of expanding programs beyond the NWT shelters. (2021-2022)</li> </ul> | Children who have witnessed and/or have been victimized by family violence are provided with recovery and support programs. | Children and families access recovery and support programs that interrupt the cycle of family violence. |

4 *Handle with Care* © is a program that helps individuals working in early childhood settings to promote the mental wellness of young children from birth to 6 years.

5 *Children Who Witness Abuse* (CWWA) Program aims to break the generational impact of violence; support children and youth exposed to abuse by developing self-esteem, awareness of safety concerns, helping them understand their own emotions and understand the dynamics of violence against women in relationships.



## OBJECTIVE 2 cont'd:

### Foster a supportive environment to protect the mental wellness of children and youth

| Lead                          | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Outputs                                                                                                                                               | Outcomes                                                                                                      |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| ECE                           | <ul style="list-style-type: none"> <li>Support the ongoing incorporation and further expansion of healthy relationship programming as part of <i>Safe School Plans</i><sup>6</sup> being implemented in all NWT schools. (2017-2022)</li> <li>Deliver and expand the <i>Fourth R Program</i> ©<sup>7</sup> in grades 7 to 9, which is a program related to empathy, advocating for oneself, dating violence. (2017-2022)</li> <li>Support community-based organizations in the delivery of healthy relationship programming (i.e.: Fostering Open eXpression among Youth [FOXY]/Strength, Masculinities, And Sexual Health [SMASH]). (2017-2022)</li> </ul> | Children and youth have access to school and community-based programming focused on healthy relationships with family, friends and intimate partners. | Children and youth have increased knowledge and skills in establishing and maintaining healthy relationships. |
| HSS                           | <ul style="list-style-type: none"> <li>Partner with FOXY/SMASH to deliver <i>What Will It Take</i><sup>8</sup> (WWIT) Workshops to youth across the NWT. (2017-2022)</li> <li>Design and deliver youth specific messaging and approaches as part of the WWIT Social Marketing Campaign. (2017-2022)</li> </ul>                                                                                                                                                                                                                                                                                                                                              | Youth oriented messaging around family violence is created and delivered in the NWT.                                                                  |                                                                                                               |
| MACA<br>HSS<br>ECE<br>Justice | <ul style="list-style-type: none"> <li>Promote and support community-based organizations to deliver programs around language and culture (i.e.: On the Land Healing Fund; On the Land Collaborative; Community Wellness Plan Funding; NWT Parks and Recreation Association; and Aboriginal Sport Circle NWT). (2017-2022)</li> <li>Streamline application and reporting processes for various funding opportunities across the GNWT. (2018-2020)</li> </ul>                                                                                                                                                                                                 | Community-based organizations have access to funding to deliver programming around language and culture.                                              | Children, youth and families participate in culturally relevant programming.                                  |

**6** The *Safe School Plan* requires each school to establish a Safe and Caring School Committee; develop policies and guidelines around reporting, documenting and responding to incidents of bullying; integrate healthy relationship programming; addressing school-specific issues; provide non-violent conflict resolution skills; and develop an emergency response plan.

**8** *What Will it Take?* initiative includes workshops and a social marketing campaign aimed at changing attitudes and beliefs about family violence.

**7** The *Fourth R Program* is a program for grades 7 to 10 students. It addresses a wide range of topics, including dating relationships, substance use, interpersonal conflict, and peer pressure.

| Lead               | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Outputs                                                                                                                   | Outcomes                                                                                                                           |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| MACA<br>HSS<br>ECE | <ul style="list-style-type: none"> <li>Promote and support community-based organizations, schools and GNWT programs that foster youth leadership, resiliency, healthy relationships and mentorship (i.e.: NWT Youth Leaders, Rainbow Coalition of Yellowknife; FOXY/SMASH; Side Door/Hope's Haven; Foster Family Coalition of the NWT; NWT Youth Ambassador Program; Youth Role Model Tours; and Summer Sport Camps). (2017-2022)</li> <li>Streamline application and reporting processes for various funding opportunities across the GNWT. (2018-2020)</li> </ul>                                                                 | Youth have access to programming around leadership, resiliency, healthy relationships and mentorship.                     | Youth have the leadership, resiliency and relationship skills required to assist them with mental wellness throughout their lives. |
| MACA<br>HSS<br>ECE | <ul style="list-style-type: none"> <li>Promote and support community-based organizations to deliver programs around the social determinants of health (i.e.: Anti-Poverty Fund; Healthy Choices Fund; Youth Contributions Fund; and NWT Youth Corps Program). (2017-2022)</li> <li>Streamline application and reporting processes for various funding opportunities across the GNWT. (2018-2022)</li> </ul>                                                                                                                                                                                                                         | Community-based organizations have access to funding to deliver programming focused on the social determinants of health. | Inequities arising from the social determinants of health are reduced.                                                             |
| MACA               | <ul style="list-style-type: none"> <li>Promote and support community-based organizations to deliver programs around recreation (i.e.: Youth Centres Initiative Program; Volunteer Organization Development Contribution; Community Recreation and Sport Contributions; Regional Youth Sport Events Program; After School Physical Activity Program; High Five Workshops; Local Sports Leaders Programs; Traditional Inuit and Dene Games Workshops; and Community Sport Camps). (2017-2022)</li> <li>Integrate a wide range of recreation options (including arts based) into current funding opportunities. (2019-2022)</li> </ul> | Children and youth have access to healthy recreation options in their communities.                                        | Children and youth participate in a variety of recreational activities that promote and protect health and wellness.               |

***“Keep in mind all families and people are different, and need different programs, and methods to help them, even then, some don’t want help. You need to remember that teens want to be empowered, they want choice.”***

— NWT Youth

### OBJECTIVE 3:

## Create a capable and skilled community of adults to support the mental wellness of children and youth

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Outputs                                                                                                                                                               | Outcomes                                                                                             |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"><li>• Provide training in trauma informed, culturally respectful, and recovery oriented practices, which would include a child and youth component, for all health and social services staff. (2019-2022)</li></ul>                                                                                                                                                                                                                          | Health and Social Services staff are trained in how to deliver programs and services that are trauma informed, culturally respectful, and recovery oriented.          | When accessing programs and services, children and youth are more likely to feel respected and safe. |
| ECE  | <ul style="list-style-type: none"><li>• Provide training for all NWT School Principals, Program Support Teachers, JK-12 educators and classroom support assistants in trauma informed and culturally respectful practices for educational settings, with a focus on awareness of trauma and its impact on students. (2017-2018)</li></ul>                                                                                                                                      | Education staff in all NWT schools have understanding of trauma and its impact on students, and are trained in trauma-informed practices for the educational setting. |                                                                                                      |
| HSS  | <ul style="list-style-type: none"><li>• Work with community-based organizations (i.e.: Rainbow Coalition) to deliver training for GNWT helping professionals in providing inclusive and safe delivery of programs and services to the LGBTQ2+ community. (2017-2022)</li><li>• Work with relevant organizations to review program and service materials and policies to ensure the use of inclusive language for culture, gender identity, ability, etc. (2018-2022)</li></ul> | Children and youth have access to programs and services that are more inclusive in language and delivery.                                                             |                                                                                                      |
| ECE  | <ul style="list-style-type: none"><li>• Implement <i>Safe School Plans</i> in all schools to provide a safe and inclusive space for children and youth. (2017-2018)</li><li>• Implement a policy in all NWT schools supporting LGBTQ2+/Straight Alliances. (2018-2019)</li></ul>                                                                                                                                                                                               |                                                                                                                                                                       |                                                                                                      |

*“We need more trauma informed care for people, such as health providers and educators, so they can understand where the young people are coming from.”*

– NWT Youth Worker

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Outputs                                                                                                                                                      | Outcomes                                                                                                                                                                                                                    |
|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"> <li>Revise the <i>NWT Prenatal Record</i> and <i>NWT Well Child Record</i> to include mental health and addictions screening, and referral sources. (2017-2018)</li> <li>Develop and implement an online training module to support health care practitioners when screening for mental health and addictions and working with individuals with mental health and addictions related issues. (2020-2022)</li> </ul>                                                                                                      | Health care practitioners are trained on how to support the mental wellness needs of children and youth, and direct them to appropriate resources.           | Children and youth have access to community members who have knowledge to recognize signs and symptoms of mental health related issues, including risk of suicide, and the ability to direct them to appropriate resources. |
| HSS  | <ul style="list-style-type: none"> <li>Develop and implement a monitoring plan for <i>Mental Health First Aid Northern Peoples</i><sup>9</sup> (MHFA) and <i>Applied Suicide Intervention Skills Training</i><sup>10</sup> (ASIST). (2018-2019)</li> <li>Based on program monitoring, adjust and modify the delivery of the MHFA and ASIST programs as necessary. (2019-2022)</li> <li>Expand the delivery of the MHFA and ASIST programs to additional community members, caregivers, community-based organizations and GNWT staff. (2017-2022)</li> </ul> | More families and community members are trained on how to support the mental wellness needs of children and youth, and direct them to appropriate resources. |                                                                                                                                                                                                                             |
| ECE  | <ul style="list-style-type: none"> <li>Pilot and evaluate a training program for teachers on how to support and direct students to appropriate resources for students' mental wellness. (2017-2019)</li> <li>Depending on the results of the pilot, implement training for teachers across the NWT. (2020-2022)</li> </ul>                                                                                                                                                                                                                                  | Teachers are trained on how to support the mental wellness needs of students and direct them to appropriate resources.                                       |                                                                                                                                                                                                                             |

9 The MHFA program creates awareness about mental illness and teaches participants how to support and safely intervene when an individual is experiencing a mental health crisis.

10 The ASIST program trains individuals to recognize the signs of someone at risk for suicide and how to safely respond using the ASIST Model.



## OBJECTIVE 4:

### Improve access to mental wellness services and programs for children and youth

| Lead       | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Outputs                                                                                    | Outcomes                                                                                                                                         |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| HSS        | <ul style="list-style-type: none"><li>• Develop and implement a seamless care pathway model<sup>11</sup> to ensure children and youth are matched with the most appropriate level of care when they require mental wellness services. (2017-2022)<ul style="list-style-type: none"><li>▪ Develop policies and standards to support the seamless care pathway model. (2017-2019)</li><li>▪ Develop clear referral pathways between the different levels of intervention (i.e.: community-based organizations and programming; counselling services; psychiatry; and specialized inpatient treatment). (2017-2019)</li><li>▪ Deliver training around the seamless care pathway model and its components to relevant health and social services staff. (2018-2020)</li></ul></li><li>• Monitor the implementation of the seamless care pathway model. (2018-2022)</li></ul>                                                                         | A seamless care pathway model is established in the NWT.                                   | Children and youth receive appropriate care that responds to their current needs and is adjusted in response to treatment and/or changing needs. |
| HSS<br>ECE | <ul style="list-style-type: none"><li>• Subject to availability of resources, establish Child and Youth Care Counsellors (CYCCs), who support communities and schools, as part of the seamless care pathway model: (2018-2022)<ul style="list-style-type: none"><li>▪ Implement CYCCs in Tłıchǫ and Dehcho Regions and document lessons learned to prepare for further phased implementation. (2018-2020)</li><li>▪ Implement CYCCs in Beaufort Delta and Sahtu Regions and document lessons learned to prepare for further phased implementation. (2019-2020)</li><li>▪ Implement CYCCs in South Slave Region and document lessons learned to prepare for further phased implementation. (2020-2021)</li><li>▪ Implement CYCCs in Yellowknife Region and document lessons learned to prepare for further phased implementation. (2021-2022)</li></ul></li><li>• Evaluate the implementation of CYCCs and adapt as needed. (2018-2022)</li></ul> | Child and Youth Care Counsellors are established as part of a seamless care pathway model. | Children and youth receive appropriate care that responds to their current needs and is adjusted in response to treatment and/or changing needs. |

**11** The Seamless Care Pathway model is a collaborative approach where a variety of mental health and wellness services, from least to most intensive, are matched to the needs of the individual. A person does not have to start at the lowest level of intervention to go to the next 'step'. Instead, the person is matched with the service that best meets their need at that point in time.

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Outputs                                                                                                   | Outcomes                                                                                                                                         |
|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"> <li>• Continue implementing the Quality Mental Health Care Action Plan: (2017-2022) <ul style="list-style-type: none"> <li>▪ Integrate and enhance Child and Youth Psychiatry Services as part of the seamless care pathway model. (2017-2022)</li> <li>▪ Establish a person and family centered informed consent process to ensure easy sharing of information where the person chooses to have family involvement. (2017-2019)</li> <li>▪ Develop psychiatry policies and processes to reflect a seamless care pathway model. (2018-2020)</li> <li>▪ Develop and provide training to support the implementation of the psychiatry policies and processes. (2018-2020)</li> <li>▪ Provide training to enhance the capacity of the pediatric unit to manage child and adolescent mental health and psychiatric related admissions. (2018-2020)</li> <li>▪ Implement daily therapeutic programming for children and youth admitted for psychiatric treatment. (2018-2022)</li> <li>▪ Create discharge planning protocols, which include engagement of family where appropriate, to ensure continuity of services for individuals being discharged from inpatient to community. (2018-2020)</li> <li>▪ Create a transition protocol to ensure adequate, integrated transition from adolescent to adult psychiatry services. (2019-2020)</li> <li>▪ Establish standardized assessment and documentation tools for use in inpatient. (2021-2022)</li> </ul> </li> <li>• Create a workforce development plan to ensure a supply of qualified nursing staff to support child and youth psychiatric care and services in the new Stanton Territorial Hospital. (2018-2020)</li> </ul> | Children and youth have access to programs and services that are more inclusive in language and delivery. | Children and youth receive appropriate care that responds to their current needs and is adjusted in response to treatment and/or changing needs. |

## OBJECTIVE 4 cont'd:

### Improve access to mental wellness services and programs for children and youth

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Outputs                                                                                                                                          | Outcomes                                                                                                                                         |
|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"> <li>Design and pilot youth and young adult specific addictions recovery program in Yellowknife. (2018-2020)</li> <li>Monitor program implementation with a view to expanding to other NWT Regions. (2018-2022)</li> </ul>                                                                                                                                                                                                                                                                                    | A youth and young adult specific addictions recovery program is established as part of a seamless care pathway model.                            | Children and youth receive appropriate care that responds to their current needs and is adjusted in response to treatment and/or changing needs. |
| HSS  | <ul style="list-style-type: none"> <li>Explore the use of technology to deliver mental wellness messaging and to ensure a broad range of service delivery options are available to children and youth (i.e.: video or phone counselling; text services). (2018-2020)</li> <li>Subject to available resources, integrate the use of technology to promote mental wellness, and deliver mental wellness services and programs to children and youth. (2020-2022)</li> </ul>                                                                       | A variety of e-mental wellness services and messaging are available to children and youth.                                                       | Children and youth access to a variety of e-mental wellness services and messaging.                                                              |
| HSS  | <ul style="list-style-type: none"> <li>Using a variety of promotional and communication techniques, ensure youth are aware of the services provided by the Kids Help Phone<sup>12</sup>, and how it can help them in times of crisis. (2017-2022)</li> <li>Promote the Kids Help Phone to helping professionals and youth-oriented community organizations. (2017-2022)</li> <li>Work with the Kids Help Phone around their text service to receive data specific to the NWT to be used to inform programs and services. (2021-2022)</li> </ul> | In addition to face-to-face services, a variety of e-mental wellness services are available to children and youth on a 24/7 basis.               | Children and youth access mental wellness supports and services in times of crisis, if needed.                                                   |
| HSS  | <ul style="list-style-type: none"> <li>Design and implement a <i>Territorial Suicide and Crisis Support Network</i><sup>13</sup> with specialized training in critical incidents and suicide prevention. (2017-2019)</li> <li>Provide ongoing training to the <i>Territorial Suicide and Crisis Support Network</i>. (2018-2022)</li> <li>Evaluate the implementation of the <i>Territorial Suicide and Crisis Support Network</i> and adapt as needed. (2018-2022)</li> </ul>                                                                  | A <i>Territorial Suicide and Crisis Support Network</i> is established to support communities for suicide prevention and during times of crisis. |                                                                                                                                                  |

<sup>12</sup> The Kids Help Phone is a national service that provides 24/7 telephone counselling services to children, youth and young adults. The Kids Help Phone also offers an information rich website as well as live-chat counselling. Beginning in 2017, the Kids Help Phone will be launching a text-based support service.

| Lead    | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Outputs                                                                                                        | Outcomes                                                                                                                            |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| HSS     | <ul style="list-style-type: none"> <li>• Research the current legal context and best practices around the privacy and confidentiality legal rights of children and youth related to mental wellness. (2017-2018)</li> <li>• Design standards of practice that will guide staff in respecting and protecting the rights of youth to privacy and confidentiality. (2018-2019)</li> <li>• Design and implement training for professionals related to the rights of youth to privacy and confidentiality. (2019-2022)</li> </ul> | Professionals are trained in the privacy and confidentiality legal rights of children.                         | Youth feel safe to reach out for help because they feel assured that their rights to privacy and confidentiality will be respected. |
| Justice | <ul style="list-style-type: none"> <li>• Based on the NWT Wellness Court Model, design and implement an approach for Youth Diversion and Probation Plans to address the underlying mental wellness and addiction needs of youth. (2018-2022)</li> </ul>                                                                                                                                                                                                                                                                      | Youth Diversion and Probation Plans take into consideration the mental wellness and addiction needs of youth.  | Youth who are involved with the criminal justice system are supported by community-based mental wellness programs and services.     |
| HSS     | <ul style="list-style-type: none"> <li>• Review the Out of Territory Program, and Territorial and Trailcross Treatment Centres to determine opportunities to better support these children and youth in the NWT. (2017-2019)</li> <li>• If required, modify NWT mental wellness program and services to better support the needs of children and youth, and their families. (2019-2022)</li> </ul>                                                                                                                           | Mental wellness programs and services are adapted to meet the needs of children and youth, and their families. | Children and youth, and their families are provided with appropriate mental wellness programs and services.                         |

- 13** The Territorial Suicide and Crisis Support Network will include a variety of partners, including GNWT Departments, educators, non-governmental organization staff, and community members (who may have the required skills and training).

*“It is important to have a safe environment. I need to trust that what I say here stays here.”*

– NWT Youth

## OBJECTIVE 5:

### Improve mental wellness programs and services through the use of locally relevant data and perspectives

| Lead | Activities and Timelines                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Outputs                                                                                    | Outcomes                                                                                       |
|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| HSS  | <ul style="list-style-type: none"><li>• Using new and existing partnerships, regularly engage with children, youth, and families to inform program development and improve programs and services. (2017-2022)</li><li>• Establish and monitor NWT indicators related to child and youth mental wellness with existing data to inform program development and improve programs and services. (2017-2022)</li><li>• Share information with and between GNWT partners to inform decisions around program development and delivery. (2017-2022)</li></ul> | The GNWT has locally relevant perspectives and data to inform program design and delivery. | Children and youth have access to mental wellness programs and services that meet their needs. |

*“Youth should be part of the planning and decision making around community programs and services, as we are ‘experts’ on what works best for us”*

— NWT Youth





If you would like this information in another official language, call us.

English

Si vous voulez ces informations en français, contactez-nous.

French

Kīspin ki nitawihtīn ē nīhīyawihk ōma ācimōwin, tipwāsinān.

Cree

Tłychq yatı k'èè. Dı wegodı newq dè, gots'o gonede.

Tłuchó

ʔerihʔ'is Dēne Sų́líné yatı t'a huts'elkēr xa beyáyatı theʔa ʔat'e, nuwe ts'ēn yóltı.

Chipewyan

Edi gondi dehgáh got'je zhatié k'ée edat'éh enahddhë nide naxets'ë edahíí.

## South Slavey

K'áhshó got'jne xədə k'é hederı ɬedʒhtl'é yerınıwə nídé dúle.

## North Slavey

Jii gwandak izhii ginjik vat'atr'ijahch'uu zhit yinothtan jì', diits'àt ginohkhìi.

Gwich'in

Uvanittuaq ilitchurisukupku Inuvialuktun, ququaq'luta.

Inuvialuktun

ርኑዕ፣ በባህሪ ለሚገለጽ ልዩነት፣ ልዩነት ምክር ቤቱ ለሚገኝበት፣

Inuktitut

Hapkua titiqqat pijumagupkit Inuinnaqtun, uvaptinut hivajarlutit.

Inuinnaqtun

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