

Addictions

Where to get help

What are addictions?

Addiction refers to behaviour which a person continues in spite of a negative impact on his or her life. Addictions may be around drugs including alcohol, prescription drugs and illegal drugs that change the way people think and feel. Other substances that are commonly abused are nicotine and caffeine. And still other addictions are around activities and compulsive behaviours such as gambling, eating, sexual activity, and computer use.

Some signs of addiction include the four Cs as follows:

- ▶ Loss of control
- ▶ Compulsive use/behaviour,
- ▶ Cravings, and
- ▶ Continued use/behaviour despite increasing negative consequences.

How are we doing in the NWT?

For more information and statistics around addictions in the Northwest Territories, please see the 2009 NWT Addictions Report at:

www.hlthss.gov.nt.ca/pdf/reports/mental_health_and_addictions/2010/english/nwt_addictions_report.pdf

Talking About Addictions

We want to help Northerners be aware of the signs of addictions and the supports available to those who are struggling. We also want to get people talking about this important issue. It affects all of us and we need to work together to find solutions or supports.

It can be difficult to talk about addictions. The stigma around addictions may lead people and their families to feel ashamed and to try and hide their problems. People with addictions or substance abuse problems need support and understanding. Each person is at a different point of addressing addictions in their lives. When a person is ready to make changes, there is help available.



Where to get help

Start with the Community Counselling Program in your community. You can find the program through your Local Health and Social Services or at www.hlthss.gov.nt.ca/english/services/addictions/contact_us.htm

They can guide you through the options that may be available to you, but some of the main resources are listed on the following pages:

Health and Social Services Community Counselling Program

This program helps people deal with a variety of issues including mental health issues, addictions and family violence. It is available free-of-charge to every NWT resident, in every Health and Social Services Authority, in every region.

The program is staffed with wellness workers and counsellors. The number of staff ranges depending on the community or region.

> Staff help people with addictions by:

- ▶ Helping to determine their needs and developing a treatment plan
- ▶ Providing referrals or access to other services that best fit the individual needs, including:
 - Community-based treatment
 - Counselling
 - Residential addictions treatment
- ▶ Supporting the development of skills to cope with stress and to prevent relapse
- ▶ Educating about communication and problem-solving skills
- ▶ Building self confidence and self-esteem
- ▶ Providing after care support when individuals return to the communities after residential addictions treatment

Health and Social Services Community Addictions Treatment Program

An example of a community-based addictions treatment program is the Matrix Program offered by the Fort Smith Health and Social Services Authority (FSHSSA). The Matrix program in Fort Smith is a 12-week outpatient addictions treatment program which is run three times a year. The program includes education, relapse prevention, and is based on cognitive behavioral skills, motivational skills and harm reduction. This program is available to residents of Fort Smith.

A pilot of the Matrix Program recently became available in Fort Providence through the Dehcho Health and Social Services Authority for the residents of Fort Providence.

> Some Community Addictions Programs are offered through agreements with Non-Government Organizations:

The **Tree of Peace Friendship Centre** offers addictions counselling and a community wellness program in Yellowknife for both youth and adults. Call (867) 873-2864.

Yellowknives Dene First Nation offers addictions counselling in N'dilo and Dettah. Call (867) 920-2925.

The **Salvation Army** in Yellowknife provides the Withdrawal Management Program for adults who need managed withdrawal from addictions. Services are provided in a residential setting. Call (867) 920-4673.

Lutsel K'e Mental Health and Addictions provides counselling, intake, referral services and cultural coordination in Lutsel' K'e. Call (867) 370-3331.

Deninu Kue First Nation provides addictions counselling and community wellness in Fort Resolution. Call (867) 394-4291.

Tl'oondih Healing Society provides mental health and addictions counselling services in Fort McPherson. Call (867) 952-2025

Residential Treatment Centres

A Counsellor or Community Wellness Worker can help you determine if residential treatment is right for you, and provide you with a referral.

If you are an adult, you may be referred to the Nats'ejée K'éh Treatment Centre in Hay River.

Nats'ejée K'ék Treatment Centre (NKTC) is a 30-bed facility for both men and women, located on the K'at'l'odeeche First Nation Reserve near Hay River, Northwest Territories. It is the only residential addictions treatment centre in the NWT.



Photo: Nats'ejée K'ék Treatment Centre



The Centre also has a culture component which includes on the land programming and traditional Aboriginal activities.

> The Centre provides the following programs:

28-Day Program - This program is specifically for clients over 18 years old who have identified addiction/mental health concerns.

14-Day Follow up Program - This program will be available starting in 2012 for clients who have completed the 28-Day Program

These programs are also offered for women and men separately.

The Nats'ejée K'ék Treatment Centre is available to all NWT residents over 18 years in need of residential addictions treatment.

Go to www.natsejeekeh.org or Call (867) 874-6699 for more information.

Southern Residential Addictions Treatment

You may be referred for Southern Treatment if:

- ▶ You are a youth under the age of 18 or
- ▶ If you have specialized mental health and/or addiction needs that cannot be met in the NWT

Given our geography and small population in the Northwest Territories, southern placements are necessary to ensure specialized residential treatment needs of adults and children can be met when these services are not available in the NWT.

Access to southern residential addictions treatment is gained through referral by a Counsellor, Community Wellness Worker, Nurse, or Doctor to the Out-of-Territory Review Committee which then reviews and makes decisions based on the applications it receives.

Detoxification

If you are suffering from physical withdrawal side effects and think you need detoxification, go to your local health centre or hospital.

Other Resources

There are a range of supports available for people with addictions or their families or friends. Your Community Counselling Program may be able to tell you what is available in your community. You may also want to contact:

- ▶ Your **Employee Assistance Program** if your employer offers one
- ▶ The **NWT Help Line**, which is available 7 PM to 11 PM, 7 nights a week. Call 1-800-661-0844 or in Yellowknife at 920-2121
- ▶ The **NWT Quitline**, a free confidential help line for smokers who want to quit. It provides trained Cessation Counsellors as well as personalized call back programs. It also offers quit smoking reading materials and translation services for all NWT languages. 24 hours a day toll-free 1-866-286-5099
- ▶ The **Kids Help Phone** is a national 24/7 phone counselling service that is free, anonymous and confidential for ages 20 and under. This bilingual service may be reached toll-free at 1-800-668-6868. Web counselling is also available at: KidsHelpPhone.ca

For more information and resources around addictions, please visit the Department of Health and Social Services' website at: www.hlthss.gov.nt.ca or the Department of Justice's "Not Us" campaign website at www.not-us.ca



Supporting each other to prevent addictions!

Making healthy choices is one of the best ways we can prevent addictions and the impacts of addictions in our communities.

Sometimes it is the small things that really count like:

- ▶ Teaching your kids to talk about their feelings by sharing a meal and a conversation together
- ▶ Asking for help when you need it
- ▶ Learning positive coping behaviours and modelling them to your family and friends
- ▶ Participating in fun, healthy and safe activities in your community and at home
- ▶ Getting out and getting active!

Go to www.choosenwt.ca or call toll-free 1-877-481-3035 to find out more about the programs the Government of the Northwest Territories offers to support you and your family in making healthy choices.

If you would like this information in another official language, contact us at 867 920 3367.
Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867 920 3367.

Choose

