



Addiction Services

It is well studied that trauma is one of, if not the root cause of addiction in Indigenous communities. Services are provided to minimize the effects of trauma and intergenerational trauma that has led to addiction and lessen the number of affected community members. A client centred, trauma informed approach is provided to meet the unique needs of each individual in a compassionate, caring way.

WHAT SERVICES ARE PROVIDED

- Treatment referrals
- Group work
- Linkages to services
- Harm reduction
- Indigenous wellness and recovery coaching
- Land based healing (outdoor/nature therapy)



SERVICES ARE FOR COMMUNITY MEMBERS

- Struggling with substance use disorder (addictions)
- Seeking support with behaviour change and/or mental health

TREATMENT REFERRALS TO

- Treatment centres
- Other health and mental health providers

GROUP WORK

- Self-help groups (AA, Men's Group, Sharing Circles)

LINKAGES

- Link clients to other social, health, educational services that will benefit the client in helping them to address their substance use.
- Link clients to Indigenous knowledge keepers, teachings, and healing.

HARM REDUCTION

- Distribution of free naloxone kits.
- Programs to meet you where you are at in your journey. progression, not perfection.

EDUCATION

- Educate individuals, families, and children in the prevention of substance use disorder.
- Coordinate National Addictions Awareness Week activities.
- Share personal story of mental health issues, addiction, recovery, and finding culture/spirituality.
- Self-care using Medicine Wheel.

INDIGENOUS WELLNESS AND RECOVERY COACHING



Physical Wellness Programs (nutrition, physical activities)



Emotional Wellness Support (talk therapy, breathwork)



Spiritual Discovery through traditional knowledge



Mental Health Services (therapeutic practices)

LAND BASED HEALING

- Link to traditional ceremony
- Time in nature