

# Child and Youth Mental Wellness Action Plan

2017/18 – 2021/22

DRAFT



## Minister's Message



We need to support the mental wellness of children and youth by providing hope, instilling a sense of purpose and providing appropriate services when they need it. The health and social services, education and justice systems, community organizations, and families all have a shared responsibility to foster an environment that promotes and protects the mental wellness of

children and youth, while also being responsive and supportive when circumstances challenge their mental wellness.

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' (NWT) youth, which was conducted by the HSS 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

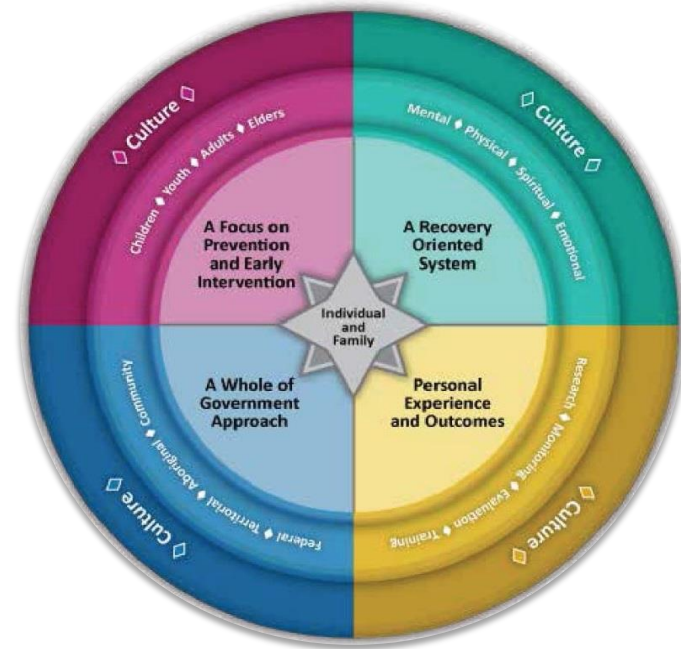
## Introduction

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* was 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 between 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. As a result, the *Child and Youth Mental Wellness Action Plan* is aligned with other GNWT Policy Frameworks and Action Plans.

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.

### Seamless Care Pathway

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 also 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 confidentially

Our Seamless Care Pathway model recognizes that a person's culture, family values, and spirituality. 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, and 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.

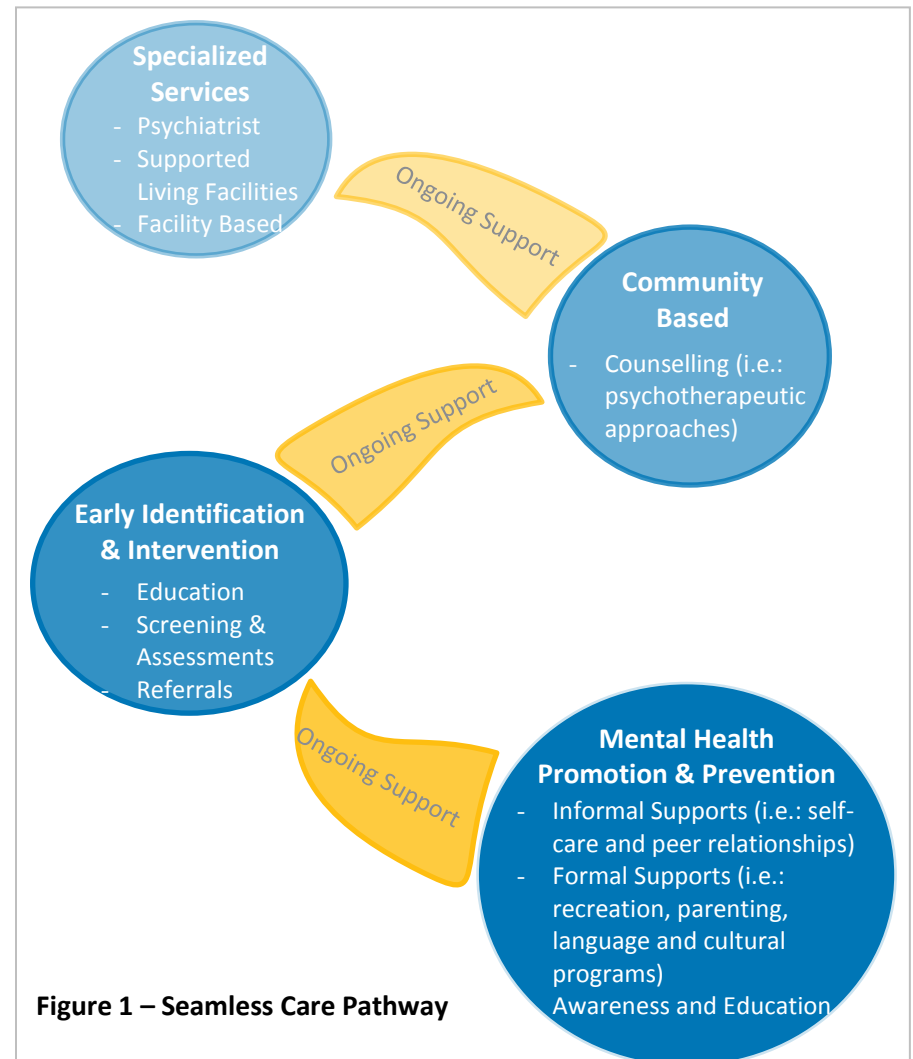


Figure 1 – Seamless Care Pathway

## Plan at a Glance

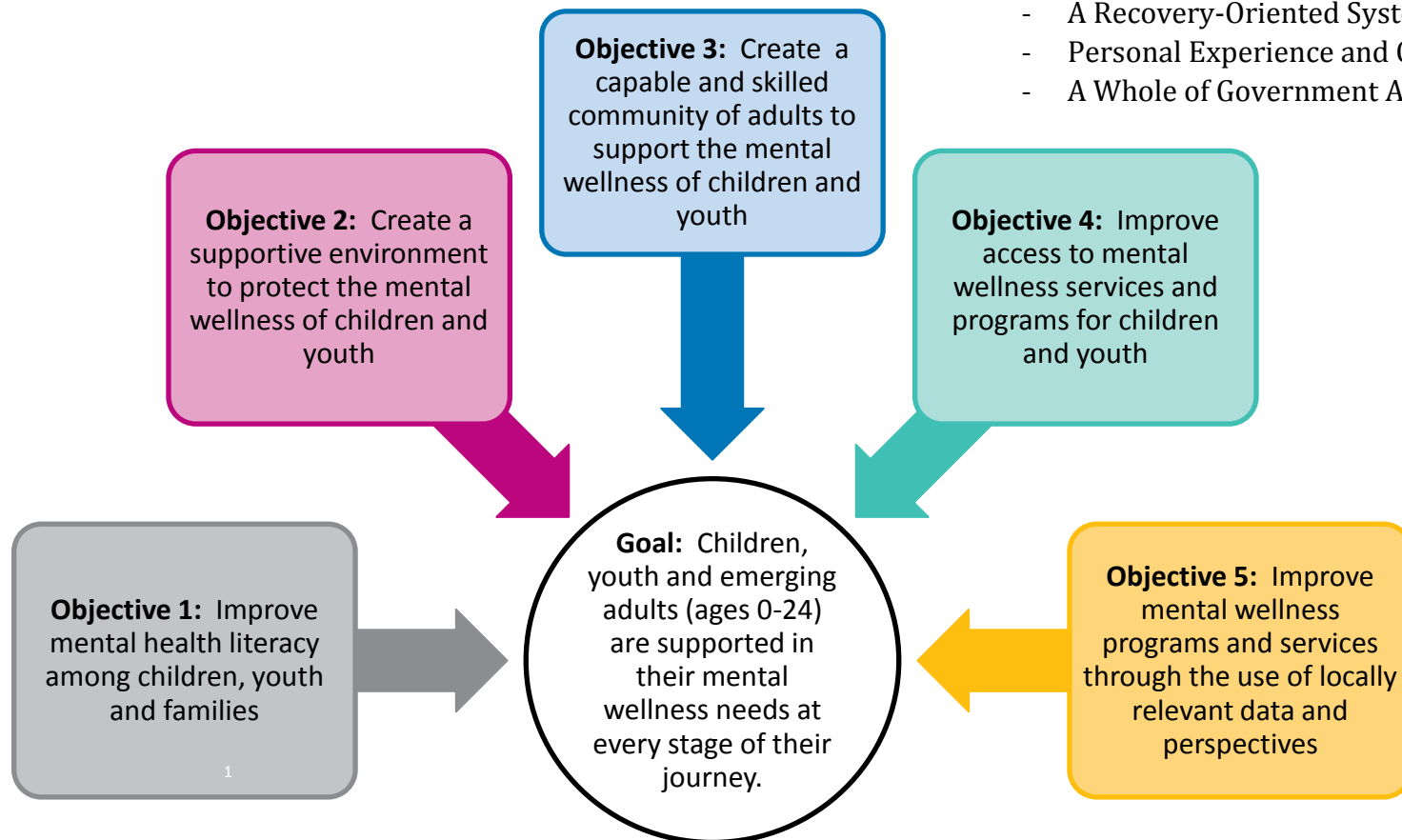
### Vision:

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.	
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.

<sup>2</sup> *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.

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>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.

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<sup>3</sup> Talking About Mental Illness (TAMI) is a program designed for youth in schools, and in NWT is delivered to students in Grade 8. 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 identify their needs and to 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 (CWWA)</i> Program<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>Examine resources required to 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.

<sup>4</sup> *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.

<sup>5</sup> Children Who Witness Abuse (CWWA) Program aim 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: 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>Incorporate healthy relationship programming as part of <i>Safe School Plans</i><sup>6</sup> being implemented in all NWT schools. (2017-2018)</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 HSS ECE 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.

<sup>6</sup> 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; address school-specific issue; provide non-violent conflict resolution skills; and develop an emergency response plan.

<sup>7</sup> The *Fourth R Program* is a program is for grades 7 to 10 students. It teaches students how to build relationship skills, understanding of making safe decisions about substance abuse, sexual relationships, bullying, as well as violence.

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

Objective 2: Foster a supportive environment to protect the mental wellness of children and youth			
Lead	Activities and Timelines	Outputs	Outcomes
MACA HSS 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; 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 HSS 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; Local Sports Leaders Programs; Traditional Inuit and Dene Games Workshops; and Community Sport Camps). (2017-2022)</li> <li>Integrate arts-based recreation 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.

### 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.
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>		
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

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>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.	of suicide, and the ability to direct them to appropriate resources.
ECE	<ul style="list-style-type: none"> <li>Pilot and assess 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. (2019-2022)</li> </ul>	Teachers are trained on how to support the mental wellness needs of students and direct them to appropriate resources.	

<sup>9</sup> 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.

<sup>10</sup> 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
	<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 are adjusted in response to treatment and/or changing needs.
HSS	<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 Tlicho and Dehcho Regions and document lessons learned to prepare for further phased implementation. (2018-2019)</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> </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 are adjusted in response to treatment and/or changing needs.

<sup>11</sup> 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.

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>• Continue implementing the Quality Mental Health Care Action Plan. (2017-2022)</li> <li>• Establish and enhance Child and Youth Psychiatry Services as part of the seamless care pathway model: (2017-2022)                             <ul style="list-style-type: none"> <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>	<p>Child and Youth Psychiatry Services are established and enhanced as part of a seamless care pathway model.</p>	<p>Children and youth receive appropriate care that responds to their current needs and are adjusted in response to treatment and/or changing needs.</p>

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>Design and pilot youth and young adult specific addictions recovery programs 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.	
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 establish 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>Monitor the implementation of the <i>Territorial Suicide and Crisis Support Network</i> and adapt as needed. (2018-2022)</li> </ul>	<i>A 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.

<sup>13</sup> 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).



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>Research the privacy and confidentiality legal rights of children and youth related to mental wellness through reviewing literature, leading practices in other jurisdictions, and NWT legislative frameworks. (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 Program 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 understand the needs children and youth accessing these programs, and to determine the feasibility and 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.

<b>Objective 5: Improve mental wellness programs and services through the use of locally relevant data and perspectives</b>			
Lead	Activities and Timelines	Outputs	Outcome
HSS	<ul style="list-style-type: none"> <li>Using new and existing partnerships, 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.



# Child and Youth Mental Wellness Action Plan 2017/18 – 2021/22

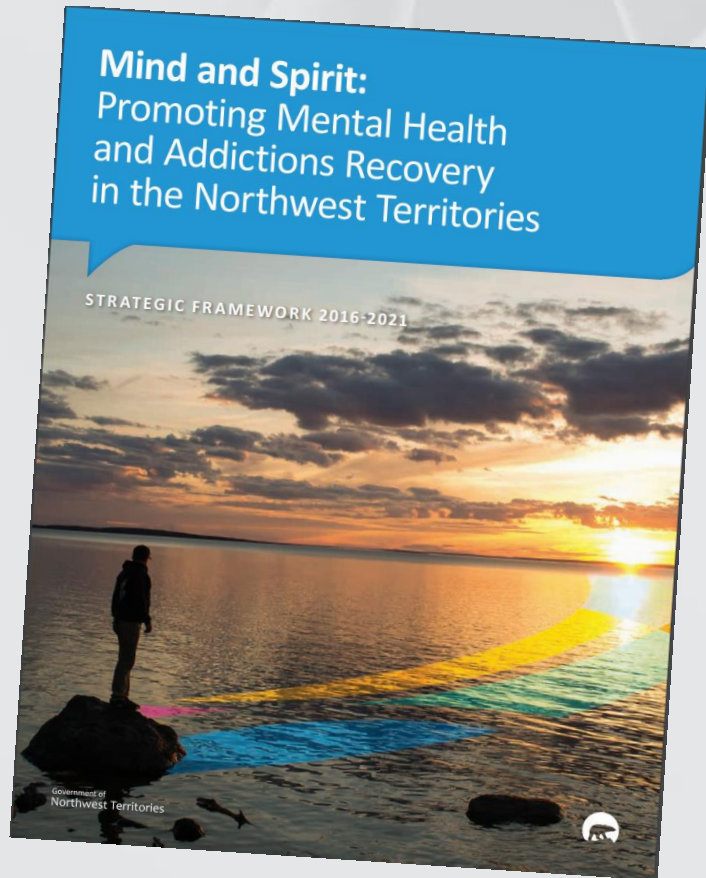
Standing Committee on Social Development

August 30, 2017

Best | Best | Better  
health | care | future

Government of  
Northwest Territories

# Mental Health & Addictions Strategic Framework for the NWT



- Released in November 2016
- Supports the priority set by the 18th Assembly:
  - To enhance access to culturally-appropriate programs and services, we will develop a **comprehensive mental health and addictions framework**

# Link to the Mandate of the 18<sup>th</sup> Assembly

*Focusing on mental health and addictions by ensuring that services are delivered locally with culturally-appropriate methods.*

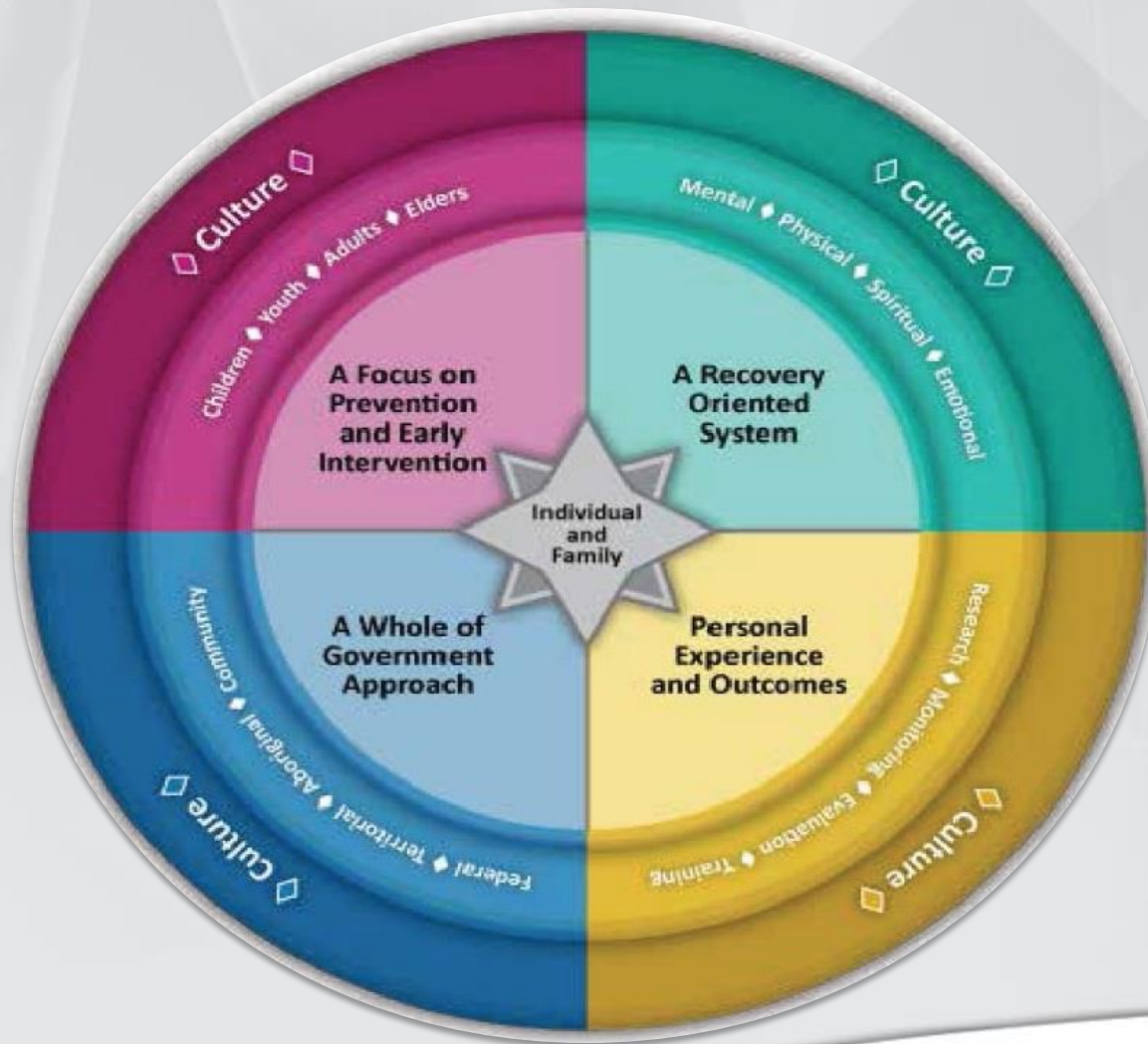
- We will enhance access to **culturally-appropriate programs** and services by:
  - Prioritizing improvements to outpatient mental health services, with a particular focus on youth mental health services in schools and the broader community
  - Addressing gaps in integrated community-based services
  - Enhancing treatment options at local and regional levels, including aftercare
  - Compiling baseline data so that government can be better held to account for the performance of mental health and addictions services.

# Link to the Mandate of the 18<sup>th</sup> Assembly

*Fostering healthy families by focusing on wellness, prevention, and improved nutrition.*

- We will continue to support at-risk children and families through **preventative and collaborative approaches** by:
  - Improving the coordination, delivery and effectiveness of family services through an integrated care model
  - Improving system supports for Aboriginal children and families including improving the cultural competence of service providers.
- All of these priorities are incorporated within the Child and Youth Mental Wellness Action Plan

# Mind and Spirit: Promoting Mental Health & Addictions Recovery in the NWT



# Child and Youth Mental Wellness Action Plan

- The Action Plan spans the fiscal years of 2017-2018 to 2021-2022
- Represents the first Deliverable under the Strategic Framework

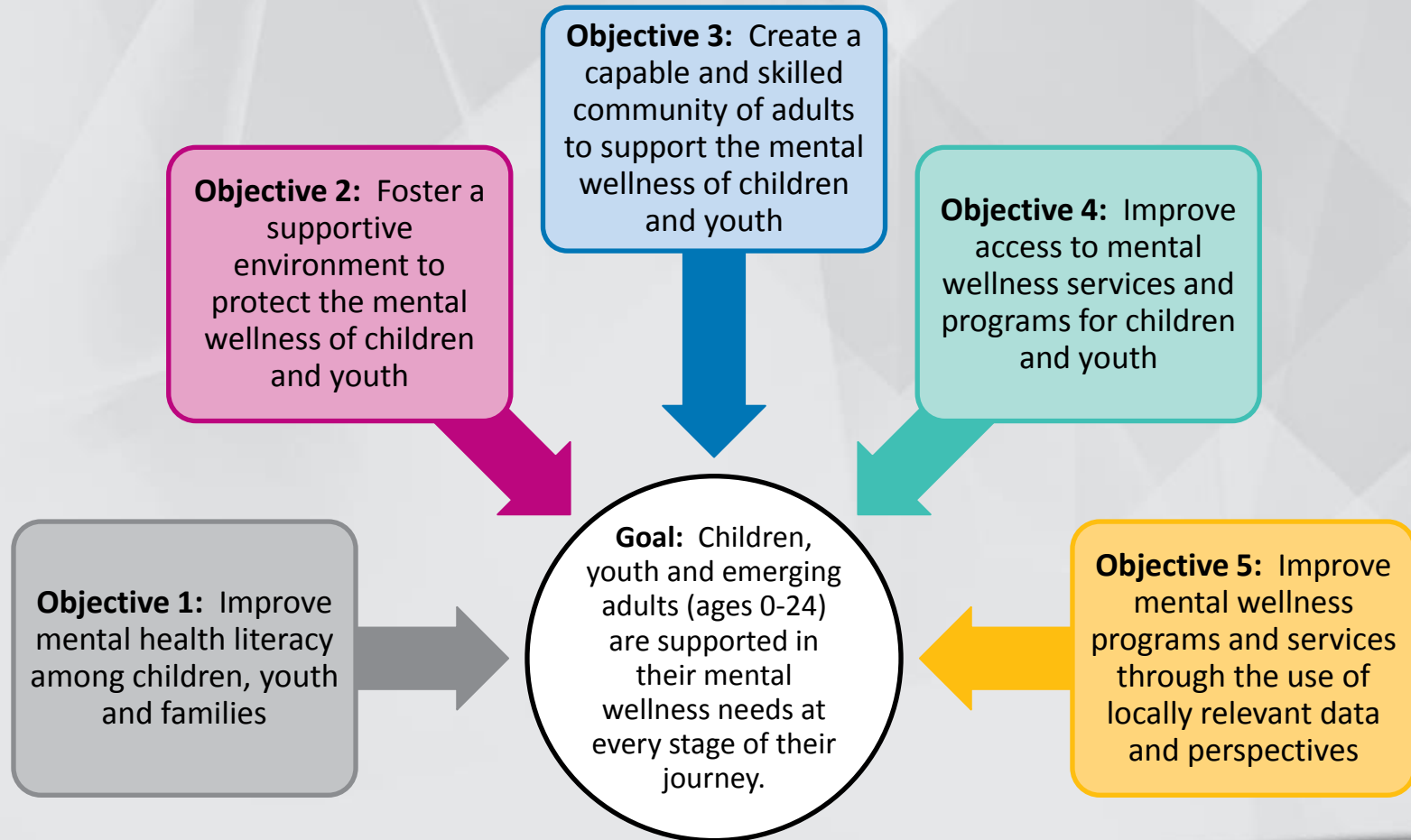




# Engaging with Youth

- Spoke with approximately 130 youth from every region of the NWT
- Hearing about NWT youth's experiences was foundational in developing the Action Plan
- Committed to continue to engage NWT youth

# Action Plan Overview



# Objective 1

## Improve mental health literacy among children, youth and families

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*“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 – Example of Activities

*Initiatives aimed at improving understanding of child and youth mental health and reducing stigma among residents*

- Among others, we will have activities around
  - Integrating mental wellness content in the Health and Wellness Curriculum
  - Re-launching *My Voice My Choice Social Marketing Campaign* to include youth input

# Objective 2

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

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*“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 2 – Example of Activities

*Children and youth have a variety of options available to them to protect and promote their mental wellness.*

- Among others, we will have activities around:
  - Expand the Children Who Witness Abuse Program
  - Expand the *What Will It Take* Social Marketing to include youth specific messaging and approaches

# Objective 3

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

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*“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



# Objective 3 – Example of Activities

*Providing training and support to helping professionals, teachers and the public on how to support child and youth mental wellness.*

- Among others, we will have activities around
  - Training in trauma informed, culturally respectful, and recovery oriented practices
  - Training for teachers on how to identify, support and direct students to resources

# Objective 4

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

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*“It is important to have a safe environment.*

*I need to trust that what I say here stays here.” NWT Youth*

# Objective 4 – Example of Activities

*Initiatives around providing a continuum of services for children and youth that best meets their needs.*

- Among others, we will have activities around:
  - Child and Youth Psychiatry Programming (Quality Mental Health Care Action Plan)
  - Child and Youth Care Counsellors

# Objective 4 – Example of Activities

- Among others, we will have activities around:
  - *Territorial Suicide and Crisis Support Network*
  - Privacy and confidentiality legal rights of children and youth

# Objective 5

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

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*“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*

# Objective 5 – Example of Activities

*Use program data, and listen to people's perspectives and experiences to improve our programs and services to better meet their needs of NWT children and youth.*

- Among others, we will have activities around:
  - Ongoing engagement with children, youth, and families
  - Establish and monitor NWT indicators related to child and youth mental wellness with existing data

# Next Steps

- Publically release Child and Youth Mental Wellness Action Plan Fall 2017
- Continue working with identified partners to implement new and adapted programs and services
- Develop:
  - Mental Health Action Plan
  - Addictions Recovery Action Plan

*“Community cooperation;  
tailored programming for different communities;  
collective effort from everyone involved;  
continuity even after if there is failure.” (NWT Youth)*







# NWT Continuing Care Services Action Plan 2017/18 – 2021/22

Standing Committee on Social Development

August 30, 2017

Best | Best | Better  
health | care | future

Government of  
Northwest Territories

# Overview

1. Background and Purpose
2. Overview and highlights of Action Plan
3. Update on progress
4. Next steps

# Mandate of the 18<sup>th</sup> Assembly

“Taking action so that seniors can age in place”

- We will support elders to live in their own homes for as long as possible, and ensure adequate supports are available for those who can no longer do so, by:
  - Developing a framework for long term care
  - Developing and implementing an action plan for enhanced home and community care services
  - Developing and implementing an action plan for palliative care services
- All of these priorities are within the Continuing Care Service Action Plan

# Continuing Care Services Action Plan

- The Action Plan spans the fiscal years of 2017-18 to 2021-22
- To enhance and improve Continuing Care Services in the areas of:
  - long term care
  - home and community care
  - palliative care services
- Supported Living will be addressed through the Disability Services Action Plan

# Vision

- All Seniors and Elders are able to age well and with a high quality of life in their own homes for as long possible, and all NWT residents have access to culturally safe palliative and end-of-life care closer to home.

# Our Elders, Our Communities

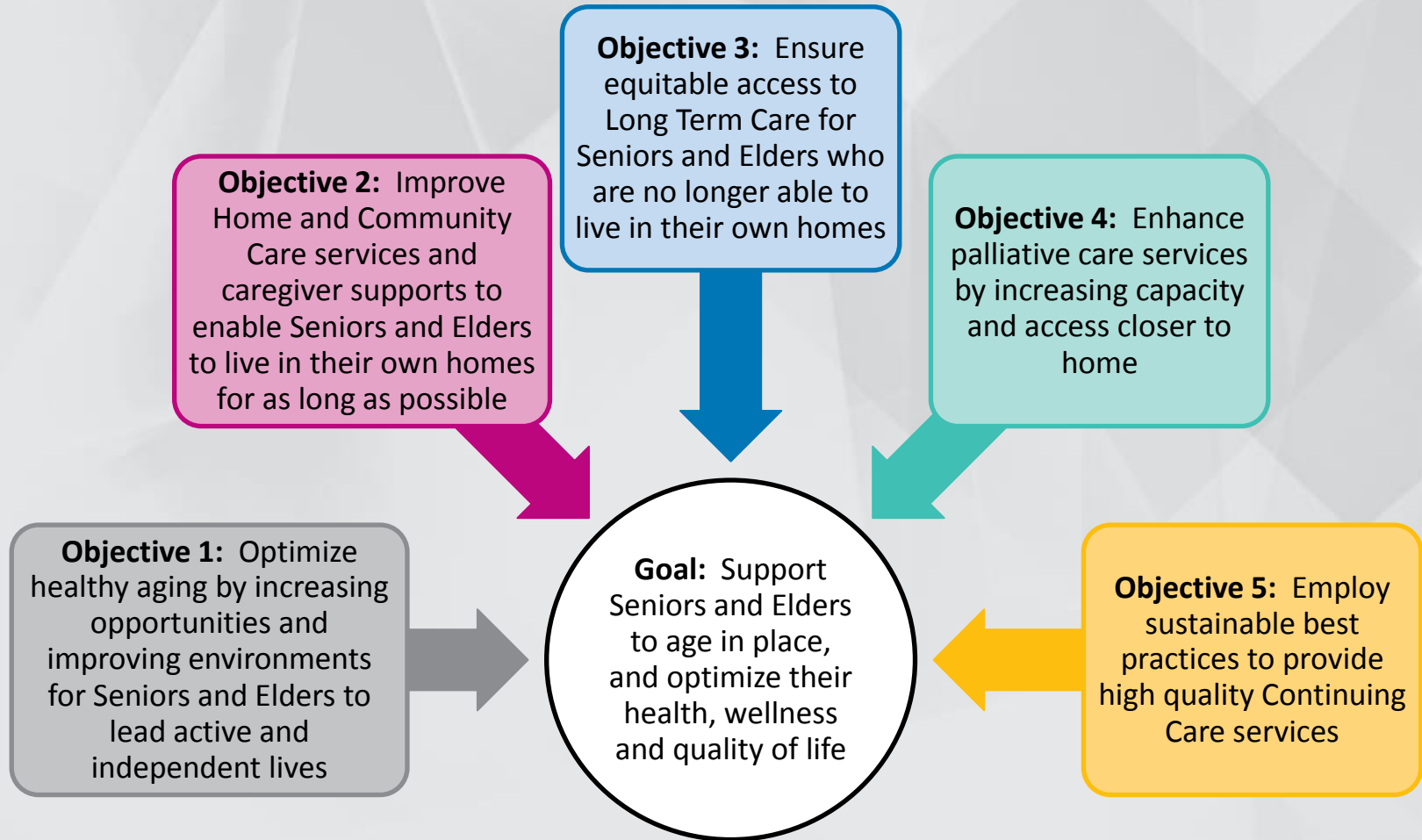
- Our Elders, Our Communities Strategic Framework guides the Action Plan and is built around 7 priority areas:
  - Healthy and active aging
  - Home and community care services
  - Integrated and coordinated service delivery
  - Caregiver supports
  - Elder responsive communities
  - Accessible and current information
  - Sustainable best practices

# Guiding Principles

- Choice
- Respect and Dignity
- Equity
- Awareness
- Access
- Safety
- Empowerment

# Continuing Care Services Action Plan

## Objectives





# Action Plan Development – Engaging Partners

## **Inter-departmental**

- Health and Social Services Authorities
- NWT Housing Corporation
- Municipal and Community Affairs

## **Non-government organizations**

- NWT Association of Communities
- NWT Seniors Society
- NWT Recreation and Parks Association

# Why do we need an Action Plan

- Respond to pressures on Continuing Care Services:
  - Growth in the Seniors' population
  - High burden of chronic disease
  - High incidence of physical and cognitive disabilities
  - Increasing mental health issues among Seniors
  - Increasing number of Seniors with some degree of dementia
  - The desire to be cared for at home up to and including “end-of-life” care or palliative care
  - Caregiver stress

# Objective 1

Optimize healthy aging by  
increasing opportunities and  
improving environments for  
Seniors and Elders to lead active  
and independent lives

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# Objective 1 - Actions

- Supportive housing options
- Active living and injury prevention
  - e.g. Elders in Motion programs
- Adult day programs
- Enhanced community services
- Preventing elder abuse

# Objective 2

Improve Home and Community  
Care services and caregiver  
supports to enable Seniors and  
Elders to live in their own homes  
for as long as possible

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# Objective 2 - Actions

- Conduct a comprehensive Home and Community Care review
- Home Support workers in all communities
- Increase Home Care workforce skills
- Increase family/community caregiver supports e.g. Increase hours of homecare, paid community caregiver program

# Objective 3

Ensure equitable access to Long Term Care for Seniors and Elders who are no longer able to live in their own homes

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# Objective 3 – Actions

- Increase Long Term Care workforce skills
- Develop and implement an NWT Long Term Care Regulatory Framework
- Improve access to geriatric and rehabilitation supports
- Establish Restorative Care to support older adults to transition safely from hospital to home
- Plan for adequate LTC beds



# Objective 4

Enhance palliative care services  
by increasing capacity and access  
closer to home

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# Objective 4 – Actions

- Standardize palliative approach to care – care pathways, advanced care planning tools
- Improve access to equipment and medication management for palliative clients
- Increase palliative care skills in Continuing Care workforce
- Ensure culturally safe palliative care through training and development of tools

# Objective 5

Employ sustainable best practices  
to provide high quality Continuing  
Care services

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# Objective 5 – Actions

- Culturally safe, person and family centered care
- Improve core Continuing Care processes
- Implement Inter-RAI assessment tools
- Increase Adult Day Programs to support older adults to remain in community

# Next Steps

- Finalize the Action Plan (Fall 2017)
- DHSS to lead the Action Plan implementation in collaboration with our partners ( H&SS Authorities, local communities, Indigenous Governments, and non-government organizations)
- Continue to seek input from all stakeholders