

# 2021 - 2022 ANNUAL REPORT



Youth Solvent Addiction Committee

## Executive Summary



On behalf of the Youth Substance Abuse Committee, I am honoured and humbled to present the 2021-2022 YSAC Annual Report. This year has been a year filled with innovation, perseverance, introspection and resiliency within the YSAC centers. The end of the fiscal year brings a sense of hope as it marks a significant decrease in the global COVID-19 pandemic. We welcome the possibility of stabilizing residential services within our centers and exploring possibilities in the continuum of wellness and care in the delivery of services within our new normal.

The global pandemic has impacted our worldview around wellness. We have to accept that change is constant. YSAC has undergone many changes in Directorship at the various centers; Vince Simon, long-time director of KaNaChiHih and YSAC Board Chair, embarked on his journey into retirement with Angela Carter being his successor as the new Director. Colleen Rudderham has transitioned from White Buffalo Youth Treatment Center with Erin Gordon as Acting Executive Director. Karen Main another long-standing director moved away from the Leading Thunderbird Lodge and a new ED is pending. Peggy Monague-McGregor has also been termed as the new Director of Nimkee Nupigawagan. In supporting the increased requests for YSAC during the two-year pandemic, YSAC welcomed one new staff member; Karen Main who joined the YSAC office. To date, her area of concentration is focused on governance, accreditation and the life is sacred suicide prevention program. I was also chosen by my colleagues to fill the role of Board Chair after Vince Simon left YSAC.

Like many of you, there are some challenges, we all face within the post-pandemic sequence such as staffing, and the divergence of services to maximize wellness and care within our service delivery, in the meantime safeguarding that our infection prevention procedures are in place to protect our communities, our staff, youth and families that we support within their healing journey. The YSAC centers are up for the challenge and are a strong collective committee who are willing to share best practices with one another and work collectively on national policy as we excitedly shape our new normal within our centers and service delivery models.

Pamela Charlong  
YSAC Board Chair

Centre	# of Funded Beds	Age Range	Sex	Intake Dates	Special Services	Total Inpatient Admissions 2021-2022
<b>Charles J Andrew Youth &amp; Family TC</b> Sheshatshui , Labrador Established May 2000	10 (10)	Families	Coed	8-week cycles	Family & Land-based Treatment Outreach Day Counselling	56
<b>Ka-Na-Chi-Hih Treatment Centre</b> Thunder Bay, Ontario Established November 1996	12 (6)	18-30	Gender Blocks	Continuous	Land Based Program	13
<b>Leading Thunderbird Lodge Inc.</b> Fort San, Saskatchewan Established January 2007	15 (7)	12-17	Male	Jan/Apr/Jul/Oct	Culturally Based Programming Virtual & Land Based Treatment Transitional Housing & Outreach	12
<b>Nenqayni Wellness Centre Society</b> Williams Lake, BC Established September 1996	10	13-18	Female	Jan/May/Sep	Family Treatment, Youth Treatment Outreach	41
<b>Nimkee NupiGawagan Healing Centre</b> Muncey, Ontario Established January 1997	9	12-17	Gender Blocks	Jan/May/Aug (alternating genders)	Family Treatment Outpatient Community Based Intervention	3
<b>Walgwan Centre</b> Gesgapegiag, Québec Established 1996	12	12-17	Gender Blocks	Continuous	Culturally Based Program 14-weeks residential program (or based on youth/family needs) Outpatient Services – Virtual Care	31
<b>Whiskyjack Treatment Centre</b> Established 1997	10 Youth  6 Family	12-17	Gender Blocks	Jan/Apr/Sep/Jan 8 wks Family	Outreach  Family Treatment	1
<b>White Buffalo Treatment Centre Inc.</b> Muskoday, Saskatchewan Established 1996	10 (6)	12-17	Female	Jan /Apr/Aug	Outreach Culturally Based Program	16
<b>Maskwacis Young Spirit Winds Society</b> Maskwasis, Alberta	Day Treatment	12-17	Co-ed	Jan/Apr/Jul/Sep	Day Treatment Spaces Culturally Based Program Outreach & Aftercare	21 (Day Tx)

## Annual Workplan

The Strategic Goals for YSAC are formulated each year at a YSAC meeting and then submitted to Indigenous Services Canada in the form of an annual work plan. The identified priorities have been aligned with the supporting priorities and elements of the 2010 NNADAP Renewal Document.

### **These areas are:**

Element 1: Community Development, Universal Prevention and Health Promotion

Element 2: Early Identification, Intervention and Aftercare

Element 3: Secondary Risk Reduction

Element 4: Active Treatment

Element 5: Specialized Treatment

Element 6: Care Facilitation

### **Supports to the Care Elements:**

**Workforce Development:** A well-trained, certified, stable workforce with the support needed to effectively meet the complex needs of the clients it serves.

**Governance and Coordination of Systems:** Effective oversight of the system at community, regional and national levels.

**Addressing Mental Health Needs of Clients, Families and Communities:** Supports to ensure that the mental health needs of clients and communities can be addressed within addictions programming or through referral.

**Performance Measurement and Research:** Information to support planning at a program, community, regional and national level; research and knowledge exchange to develop and apply approaches to care and services that work for First Nations clients and communities.

**Pharmacological Approaches:** Awareness of the need for the correct use of medications to address addictions and mental health issues.

**Accreditation:** A process that ensures excellence and effectiveness in programs and facilities.

The YSAC committee meets regularly each fiscal year to review progress on the annual work plan, offer ideas for continued development, share and record best practice initiatives, and demonstrate commitment to the partnership with Indigenous Services Canada. The meetings are open to both national and regional departments of FNIHB. Each centre contributes to the agenda by both identifying agenda items, and pressing issues, as well as preparing an update of specific activities and initiatives at their treatment centre. No in-person meetings happened in 2021-2022. Biweekly meetings were held virtually.

## Workplan Accomplishments

### Governance and Coordination of Systems

- Developed and delivered a two-day basic Board Governance workshop
- Utilized YSAC developed Screen Green App to aid in a safe return to residential services
- Three YSAC centres are now using Board Governance reporting template
- Provided four centres with: Board Self-Evaluation; Organizational Vital Signs; and Work Engagement Profiles
- Assisted Alberta region with establishing a new YSAC Centre in northern Alberta

### Workforce Development

- National Staff Satisfaction survey completed in December 2021
- # of online YSAC courses increased to 10
- # courses delivered through the year

### Addressing Mental Health Needs of Clients, Families and Communities

- Mental Health: Piloted a Virtual Reality Treatment program, including 12 sessions for improving virtual care and individual client coping skills
- Obtained funding from SK Region to begin the development of a Phase Two Life is Sacred program for residential suicide intervention skills training

### Performance Measurement and Research

- Created new Family Intake Form in AMIS for report on Family Treatment programming

### Pharmacological Approaches

- A total of \_\_\_ learners completed Pharmacology (Substances of Misuse) this fiscal year
- In partnership with TPF provided basic training in Opioid Agonist Therapy treatment centre readiness
- Provided Pharmacology and PACE training for SK NNADAP through SIIT Partnership

### Accreditation

- 100 percent of YSAC centres are accredited through either the Canadian Accreditation Council or Accreditation Canada. Walgwan successfully completed its accreditation review in October 2021.
- A bi-weekly YSAC Peer Accreditation Support was started in November to assist centres with accreditation
- Assisted centres with re-certification through ICBOC



# Our Centres





## Vision

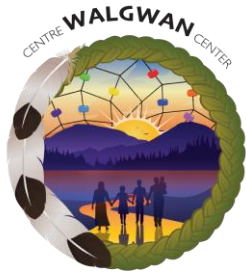
Happy, healthy and empowered communities

## Mission

The Charles J. Andrew Youth Treatment Centre is committed to empowering aboriginal youth and families throughout Canada through the provision of a holistic healing program. The program is strongly influenced by traditional aboriginal values, beliefs and practices. Spirituality and reconnecting to the land will be key components in nurturing and building self-confidence and developing skills amongst youth and families to help them reach their full potential as community members.

## Program

The clinical portion of the program takes place at the main building in Sheshatshiu. A team of dedicated staff works with families on core issues of trauma, family dynamics, life skills, emotional management and addictions processes. Nutshimit is one of the core components of the program based on aboriginal culture, this land-based program comprises 50% of the treatment delivery. This included elder's traditional knowledge and teachings.



## Vision

Empowering First Nations and Inuit Youth on taking charge of their well being.

## Mission

With full respect for the dignity and value of each person, the Centre provides a safe environment to each First Nations and Inuit Youth with a personally centered, holistic and culturally appropriate transition to her/his own path to well-being and a healthy life.

## Program

Walgwan Centre is an accredited 12 bed residential treatment centre located in the Mi'gmaq First Nation community of Gesgapegiag in Eastern Quebec. Our intake is ongoing and we welcome and assist First Nations and Inuit youth from 12 to 17 years of age from both genders. We help restore a harmonious balance between their physical, emotional, mental, and spiritual needs while assisting them in recapturing their sense of hope, meaning, purpose and belonging. The residential program has 4 phases and is culturally based with clear indicators for each phase. In the completion of each of these phases our elders do a specific ceremony in recognition of the achievement. We also provide aftercare services for up to two years.





## Vision

That all youth who have been a part of Ka-Na-Chi-Hih will have gained the strength and skills necessary to continue on their life's path with pride, dignity, respect and a strong sense of identity. They will have achieved balance in their life's long journey towards fulfillment and will be contributing members of their communities and to society.

## Mission

In keeping with the sacred teachings of the Creator, Ka-Na-Chi-Hih will provide a nurturing and supportive environment for First Nation Youth who are embarking on their Healing Journey to Wellness of Body, Heart, Mind, and Spirit.

## Program

Ka-Na-Chi-Hih is a specialized solvent abuse treatment center that provides pre-treatment services, a residential treatment program and post-treatment programming for Indigenous adults 18+ who struggle with polysubstance misuse. The pre-treatment program is an educational program that provides support through transitioning into the residential program.

The residential treatment program is a 12-week, strength-based, trauma-informed program designed to provide "Best Practices" within the world views of First Nations, as well as those applicable with the world view of the western culture. The program will align with the First Nations Wellness Continuum Framework to support a holistic method of treatment that will target health promotion, prevention, early identification along with coordinated care and aftercare. The program is designed to bridge wellness through culture specifically through spiritual, emotional, mental, and physical wellbeing. By connecting with the traditional culture is to bring to light meaning, purpose, hope and belonging.

The treatment program can accommodate 6 adults and are not necessarily co-ed. The program offers clinical services on-site or through a referral process to an outside resource. Other clinical supports such as telepsychiatry and psychological services are accessed according to the needs of the client. The post-treatment programming is designed to support clients who have graduated from the 12-week program through weekly on-site and virtual meetings for a minimum of three months.



#### Vision

Where there is Hope, there is Healing.

#### Mission

With respect, humility and compassion, Nimkee Nupigawagan Healing Centre Inc is committed to empowering Indigenous youth, families and communities through culturally-based holistic treatment services.

#### Program

- Nimkee Nupigawagan offers residential treatment services for First Nation Youth, ages 12 to 17, who are challenged with solvent addiction who are challenged with solvent addiction. As a culturally based program, assessment and counseling begin from a place of respect that focuses upon the strengths of Native youth, their family and community. There are 3 intakes per year: January to April, May to August, and September to December. These intakes alternate between female and male gender-based program. Families of the youth (3 people) are invited to stay in the residence with the youth midway through the program for 1 to 3 weeks. When necessary and appropriate, psychological and psychiatric assessments are completed through referral.



#### Vision

Indigenous youth use the Creator's gifts to achieve well and vibrant communities

#### Mission

To empower Indigenous youth through culturally-based, holistic treatment and community outreach services.

#### Program

The White Buffalo Treatment Program is a 10-bed residential facility located on Muskoday First nation, 15 minutes Southeast of Prince Albert, Saskatchewan. The Treatment Centre is designed to meet the needs of First Nations youth between the ages of 12 and 17, who are involved with substance misuse and who are experiencing related problem areas.

The program is based on a holistic treatment model. Using the four cornerstones of treatment, spiritual emotional, physical and mental, as well as using the concept of “living therapy” whereby treatment is integrated into all interactions in which the youth participate.

It is the belief of the White Buffalo Treatment Centre that while it is essential to have both intensive casework and group sessions to review individual problems, it is equally important to integrate relaxation, recreation life-skills, formal education and cultural activities into a positive therapeutic, interdisciplinary treatment model.

The Treatment Program at White Buffalo Treatment Centre is designed to maximize youth potential through systematically improving self-esteem and equipping youth with “tools for life” The concepts of inner resiliency and strength-based assessment are used extensively throughout the treatment process. The Treatment Program is separated into four distinct six-week phases, with each phase designed to teach different skills useful in developing a substance free lifestyle.

One of the unique features of the White Buffalo program is the extensive prevention, early intervention and mobile treatment services that are available to communities of Saskatchewan through the outreach component of the program.





## Mission

To provide holistic healing to First Nations, Inuit youth and families, and communities in a safe and secure environment.

## Program

Nenqayni is located in the heart of the Cariboo Region of British Columbia in the territory of the Chilcotin, Shuswap and Carrier First Nations. Nenqayni's Youth Program has been running for over 20 years. We serve First Nations Youth and their families from communities across Canada. The Youth & Family Inhalant Program is a four-month program for the treatment of female solvent abusers ages 13–18. The program also addresses other issues through individual and group sessions such as: drug alcohol and cross addictions, grief and loss, anger management, family violence, self-esteem, sexual abuse, co-dependency, self-awareness communication skills, life-skills, spirituality, health education and personal wellness. The balanced program is enhanced by cultural teaching, academic assistance, hand crafts, recreation and a variety of physical activities. We believe that the family and community is an important part of youth treatment. We provide a family component near the end of the youth's treatment cycle. The families are given an opportunity to join the program for a period of eight weeks to participate in family counseling sessions designed to strengthen family unity prior to their return to their home community. Aftercare is also provided for the youth, 24-hour telephone counselling is available and community visits are made by staff whenever possible.



## Vision

We reawaken healthy communities and families by rebuilding cultural pride and holistic health.

## Mission

To empower Indigenous youth by providing a culturally based program to eliminate substance misuse.

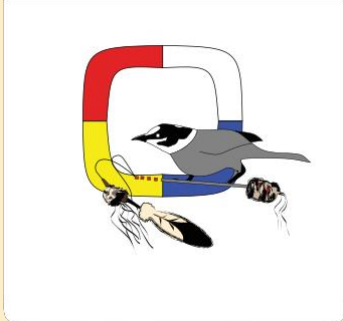
## Program

Leading Thunderbird Lodge provides a 16 week culturally based residential treatment program for First Nation or Inuit male youth from across Canada who are between 12 – 17 years of age. The holistic treatment program provides personal development in the four areas of: Spiritual, Physical, Mental and Social well-being. Education, Addiction and Mental Health programming are the focus of the treatment program which are all grounded in the First Nations teachings and culture of the local Cree, Saulteaux, Dakota, Lakota and Nakota First Nations.

An extension of LTL's programming includes Pekiwevin House – a transitional home for older graduates of the residential treatment program, that provides enhanced life skills, and where they can continue their education and/or gain work experience.

LTL also just completed its land based camp which will provide youth in treatment with on the land educational and healing experiences within the Porcupine Provincial Forest.





#### Vision

The Whiskyjack Treatment Centre provides effective holistic healing for youth and their families within a safe environment of respect, trust, and love. The Whiskyjack Treatment Centre leads First Nations communities to wellness by delivering quality care through consistent teamwork.

#### Mission

- The Whiskyjack Treatment Centre leads First Nations communities to wellness by delivering quality care through consistent teamwork, unique services and traditional values.

#### Program

- Whiskyjack Treatment Centre is licensed for 20 beds, for residential treatment, designed to accommodate First Nations youth, between the ages of 12–17. The culturally based program “provides effective holistic healing for youth and their families within a safe environment of respect, trust and love.” The program operates 3–16 week gender specific intakes per year; of which, one week of each intake is dedicated to family programming. When necessary and appropriate, Psychological and Psychiatric assessments are referred.



## Vision

The Maskwacis Young Spirit Winds Society empowers healthy, balanced, proud First Nations youth in a safe, respectful and holistic environment.

## Mission

While maintaining high quality standards of service, Maskwacis Young Spirit Winds Society offers First Nations youth holistic treatment, aftercare & support by utilizing cultural teachings, appropriate resources and partnerships.

## Program

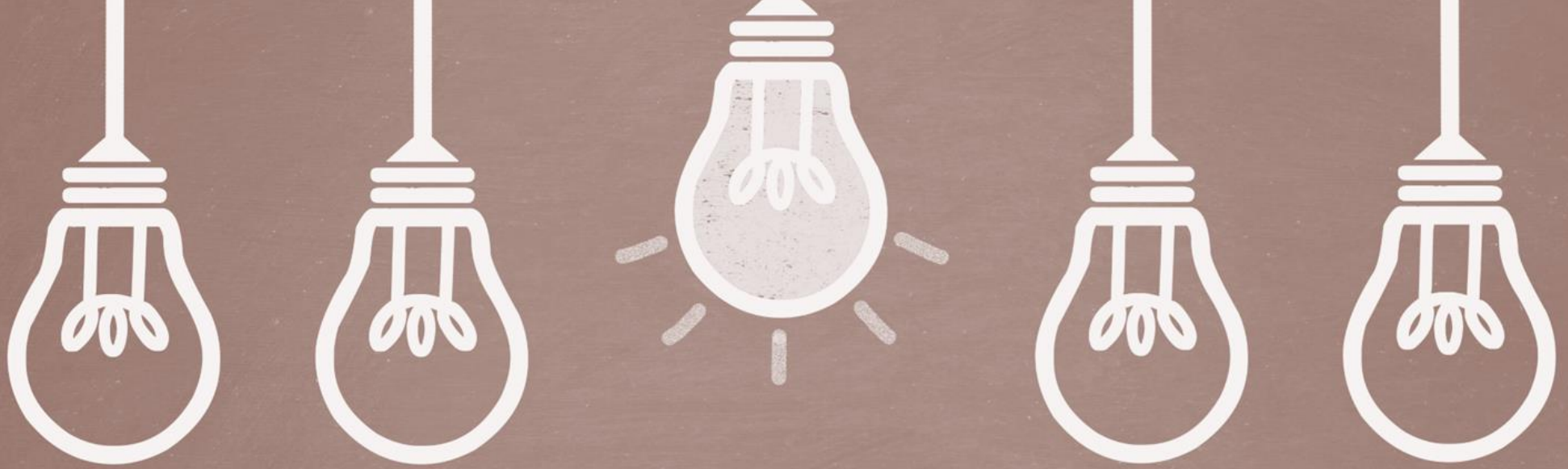
Young Spirit Winds is an outpatient day program for aboriginal youth ages 12–17 years of age. It is a co-ed program with a seat capacity of 12 youth for the day program. The Youth begin at 10:00 am and leave at 3:00 pm. Transportation is provided for those who reside within the 4 bands of Maskwacis Alberta.

### Day Treatment

Topics covered in the day treatment program include: Communication & Self Awareness; Addictions & Assessments; Cultural Identity; Health & Awareness; Grief, Loss & Recovery; Self Esteem & Peer Pressure; Anger Management & Cycle of Violence; Family & Community; NAAAW; Addictions & Relapse Prevention; Coping Skills & Change.

### Mobile Treatment

Topics covered the mobile treatment program include: Substance/Process Addiction Education; Self-Esteem & Peer Pressure; Communication; Cultural Awareness; Anger Management & Cycle of Violence; Residential School Impacts; Grief, Loss & Recovery; Gang Awareness & Prevention; Health Awareness; Brain Gym, Brain Power.



# WORKFORCE DEVELOPMENT INITIATIVES

## Open Learning Distance Learning Courses

All courses are built on the Community of Inquiry Framework whereby there is a collective emphasis on shared knowledge construction. Learning outcomes are based on significant learning including attention to outcomes on foundational knowledge, application, integration, caring and the human dimension of each major topic.

Each course includes content linkages to major guiding processes including accreditation, workforce certification, and the Indigenous Wellness Framework. The majority of the courses run on a course calendar with cohort registration, Infection Control and Medication Management are on-demand courses, delivered for treatment teams as requested.

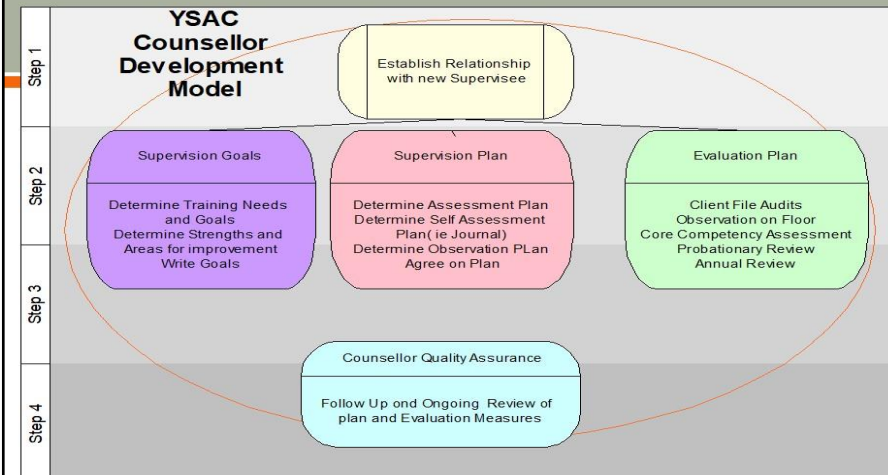
Course Name	Release date	Total Registered Learners 2021-2022	Total Classes	Total Certificates Issued
Clinical Supervision	May 2021	19	2	16
Ethics and Ethical Decision Making	June 2021	23	2	23
Infection Prevention and Control	June 2020	55	7	54
Medication Management	January 2021	179	17	167
Motivational Interviewing	May 2020	14	1	12
Pharmacology Substances of Misuse	Feb 2020	26	2	20
Quality and Outcome Collection	October 2021	103	6	97
Treatment Planning	February 2021	26	3	24
Workforce Diversity	May 2020	15	1	15



# Clinical Supervision

## Course Objectives

- ☐ To define clinical supervision in a Treatment Centre context
- ☐ Understand the four key areas of counsellor growth, development, and evaluation
- ☐ Describe various theories and models of supervision
- ☐ Consider a policy about regular supervision
- ☐ Develop tools and timelines for your own competency
- ☐ Apply ethical guidelines in supervision
- ☐ Enact documentation and evidence of supervision mechanisms



## ICBOC Certification Competencies Linkage

- Counsellor Assessment and Evaluation
- Counsellor Development Program Monitoring
- Ethics and Professional Responsibility

## Accreditation Standard Linkage

1.2.5 Quality Improvement Plan  
 8.2.7 Supervision  
 8.2.8 Direct Service  
 Performance Evaluation  
 417.5.2 Service Delivery  
 Planning Measurements  
 417.23.6 Specialized Health Procedures

**Total annual certificates = 16**

**Total annual classes = 2**

## Delivery Calendar

May 12 - June 3, 2021

October 19 - October 30, 2021



# Ethics and Ethical Decision Making



## ETHICAL DECISION



### Course Objectives

- ❑ Understand the addiction professional's obligations to adhere to ethical and behavioral standards of conduct in the helping relationship
- ❑ Understand, interpret and apply confidentiality regulations appropriately (including limits)
- ❑ Understand the importance of effectively practicing strategies to maintain one's own physical and mental health as a means to maintain ethics
- ❑ Apply the ethical decision-making process to practice scenarios
- ❑ Accurately document and record the ethical decision-making process

### ICBOC Certification Competencies Linkage

- Core knowledge: Self-Care and Wellness
- Ethics

### Accreditation Standard Linkage

5.1.1 Code of Ethics  
5.1.5 Response to Ethical and Moral Conflicts  
5.2.6 Contravention of Policy  
8.1.6 Scope of Practice  
8.2.3 Orientation

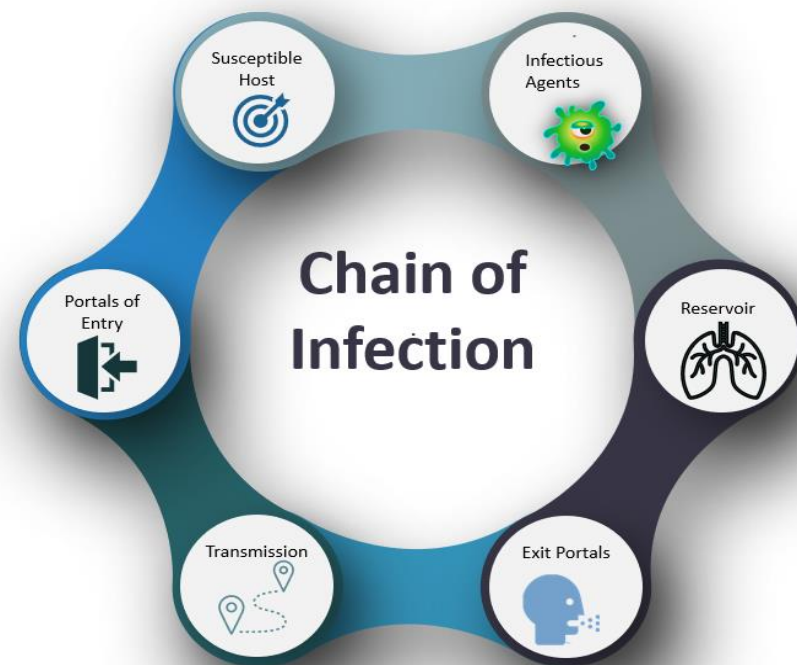
### Delivery Calendar

Date	Certifications
June 10, 2021	12
October 10, 2021	11

# Infection Prevention and Control

## Course Objectives

- ☐ Know the 6 links in the Chain of Infection and how to break the links to prevent infection
- ☐ Know how to perform a risk assessment to determine the appropriate infection prevention measures to decrease the risk of transmission and exposure to infections
- ☐ Know how to perform hand hygiene with soap and water as well as hand sanitizer
- ☐ Know how to recognize approved disinfectants
- ☐ Demonstrate how to clean and disinfect areas in the residential facility and transportation vehicles
- ☐ Know how to put on and remove personal protective equipment
- ☐ Apply infection prevention and control measures in routine daily practices (e.g., medication administration, meal preparation, group activities)
- ☐ Know how to perform audits on infection prevention and control practices



## ICBOC Certification Competencies Linkage

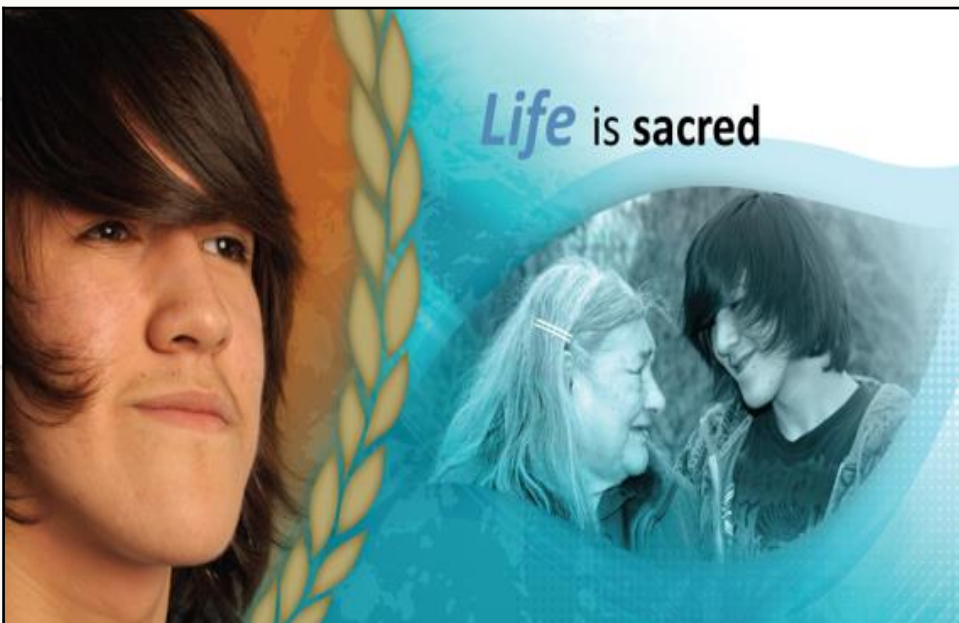
- Related knowledge and skills
- Client Safety
- Risk Management
- Client Support

## Accreditation Standard Linkage

417.22 Management of Infection  
 417.22.2 Monitoring of Communicable Diseases, Infections, and Parasites  
 417.22.3 Control of Communicable Diseases, Infections and Parasites  
 417.12.10 Trauma Informed Practice Training

Centre	Date	Certifications
KaNaChiHih	May 17, 2021	9
Walgwan	June 8, 2021	2
White Buffalo	Sept 14, 2021	5
Leading Thunderbird	Nov 15, 2021	18
White Buffalo	Dec 8, 2021	7
CJAY	Jan 13, 2022	10
WBTC	Feb 24, 2022	3

# Life is Sacred



## Course Objectives

- ❑ **BUILD AWARENESS** – When front line workers are more aware and knowledgeable of suicide and how to prevent it; they can provide their best help to the individuals, families and communities that need them.
- ❑ **REDUCE STIGMA** – For many people, suicide is not an easy subject to talk about. There is a lot of stigma and emotional distress linked to conversations about suicide. However, when everyone in the community works together to combat these feelings, people are more able to step forward and get help.
- ❑ **BROADER APPROACHES WORK BEST** – Sometimes taking a broader approach to suicide prevention, focusing on the factors that protect youth from suicide can be beneficial. For instance, engaging youth in meaningful activities can provide them with the opportunity to build resilience and skills such as problem-solving and coping skills. Assisting youth in finding a sense of hope, purpose, meaning, belonging, in their lives will help to decrease youth suicide in your community. Think of it as building a bridge from risk to resilience that all the youth can use.

## ICBOC Certification Competencies Linkage

Knowledge required for all Certifications in Addictions & Wellness

## Accreditation Standard Linkage

417.12.4 Suicide Awareness  
417.15.6 Crisis De-escalation Training  
417.20.1 Reportable Incidents

## Delivery Calendar

Community	Date	Certifications
Cold Lake	August 17 & 18, 2021	12
Poundmaker	February 24 & 25, 2022	9
SIIT North Battleford	March 14 & 15, 2022	17
Moosomin	March 7 – 10, 2022	20
Poundmaker	March 24 & 25, 2022	10

# Medication Management

## Course Objectives

- ❑ **Foundational Knowledge.** Foundational Knowledge includes specifics about drug safety, client information rights, adverse reactions, and specific centre policies.
- ❑ **Application.** The Application taxon encompasses critical, creative, and **practical thinking**, this comes for your reflections on content and how it might affect your work or other parts of your growing competence as an addictions professional.
- ❑ **Integration.** Integration includes connecting different ideas about medication management to understanding the complexity of daily schedules, land-based activities behavioral issues that might include medication refusal, **and incident reporting**.
- ❑ **Human Dimension.** The Human Dimension stresses the human factor and gives human significance to learning. In a course on medication management, this means respecting client rights, being clear and respectful in educating the client about any new medications and **listening** to them if they express issues with medications.
- ❑ **Caring.** Caring is the taxon that provides the motivation and energy for learning by developing new interests, feelings, and values associated with the course material. In this course we want you to develop **attention to caring** medication supervision
- ❑ **Learning How to Learn.** Drug pharmacology is a constantly evolving science. In medication management we want you to know how and where to get more information about medicines, adverse reactions, etc. Partnerships with your local pharmacy, community nursing, and FNI can be helpful for addressing any deeper or emergency questions.

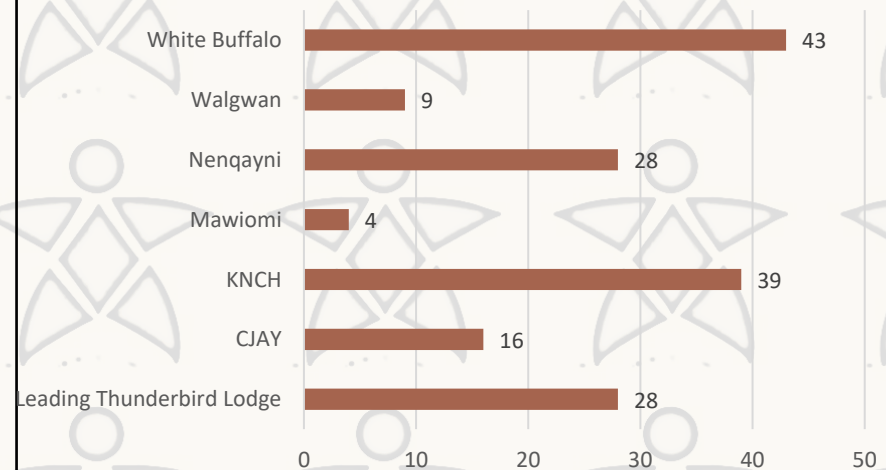
### ICBOC Certification Competencies Linkage

- Core knowledge
- Safety and Security Issues and Topics
- Infection Control linkages
- Client Supervision and Support
- Client safety
- Client rights

### Accreditation Standard Linkages

417.5.2 Service Delivery Planning Measurements  
 417.12.2 Medication Training  
 417.15.3 Portable Record  
 417.18.2 Prohibited Techniques and Strategies  
 417.19.8 Review of Injuries Due to a Restrictive Procedure (visual review of swallowing meds)  
 417.20.1 Reportable Incidents (Medication Related)  
 417.23.2 Self-Administration of Medication  
 417.23.1 Management of Medication

### Total registered learners =167





# Motivational Interviewing

## Course Objectives

- ☐ Develop a foundational understanding of Motivational Interviewing concepts and how to begin the application of skills to support change in themselves and others.
- ☐ Define and describe Motivational Interviewing (MI)
- ☐ Examine evidence of the effectiveness of Motivational Interviewing (MI)
- ☐ Explain ambivalence to change and consider how people make change
- ☐ Describe the Spirit of MI and practice applying it to conversation
- ☐ Identify and apply the Four Processes of MI
- ☐ Discuss and practice MI communication skills
- ☐ Identify Change Talk and ways to increase it

## ICBOC Certification Competencies Linkage

- Assessment
- Treatment Planning Cultural Competence General Knowledge Skills and Support of Professional Practice
- Related knowledge and skills

## Accreditation Standard Linkage

417.5.4 Individual Care Plan Components

## The **Four Processes** of Motivational Interviewing



## Delivery Calendar

January 17-January 25, 2022

Total Annual Learner Certifications =12



# Pharmacology

## DSM Substance Use Disorder Classification System



## Course Objectives

- ☐ Describe the Effects of various substances on the human body
- ☐ Recognize signs and symptoms of use, as well as associated health risks.
- ☐ Explain the relationship between brain mechanisms and substance misuse.
- ☐ Describe psychological dependencies and complications
- ☐ Explain patterns of progression/regression and recovery
- ☐ Understand harm reduction practices as they relate to specific substances.
- ☐ Honor the connection of hope, belonging, meaning and purpose to recovery.
- ☐ Understand the major drugs and drug classes currently used in the DSM

This course was developed in 2020 as a fully online course. The course focuses on the brain and body systems and understanding the similarities and differences in different drug classes and their effects. Each unit is framed with a holistic recovery and harm reduction focus. There is a strong focus on understanding and applying in a community context, through reflective exercises, readings, reflections and discussions

## ICBOC Certification Competencies Linkage

- General Knowledge
- Types of Drugs
- DSM Classifications
- Physiological effects on the body
- Harm Reduction
- Holistic Health,
- Addictive Cycle

## Accreditation Standard Linkage

417.19.7 Chemical or Pharmacological Restraints  
8.1.4 Competency-Based Hiring

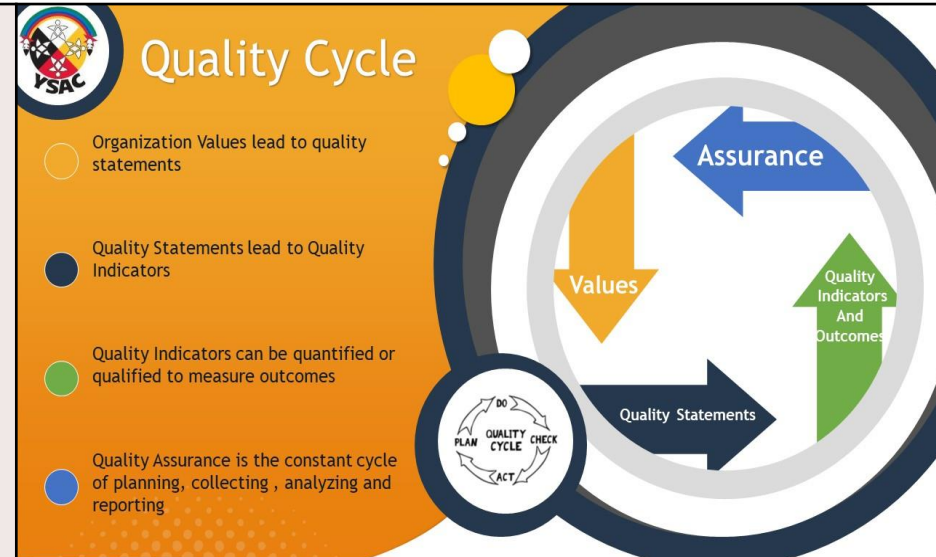
## Delivery Calendar

Date	Certifications
November 22 –Dec 3, 2021	12
February 18- 28, 2022	8

## Course Objectives

- ☐ Define Quality, Outcome Indicators and Outcome Collection
- ☐ Connect Data gathering (outcome collection) to indicator and outcome monitoring
- ☐ Understand how indicators lead to quality service delivery
- ☐ Understand how to monitor and measure a variety of centre outcomes

Delivery Mode- Fully online synchronous



## ICBOC Certification Competencies Linkage

- Core Knowledge, Screening, Intake, Assessment
- Outcome, Development
- Program Management

## Accreditation Standard Linkage

- ☐ 4.17.12.11 Measurement tools
- ☐ 1.2.5 Quality Improvement Plan
- ☐ 1.2.6 Support for quality improvement plan

## Delivery Calendar

Total Annual Learner Certifications = 97

Date	Certifications
October 15, 2021	23
November 18, 2021	28
December 7, 2021	22
January 12, 2022	7
February 9, 2022	12
March 24, 2022	5

# Treatment Planning

## Course Objectives

- ☐ Assess the behavior of the client within the context of his/her individual development, family situation, and culture.
- ☐ understand the need for and the use of methods for measuring treatment outcomes.
- ☐ assist the client or family to identify the impact of substance use on current life problems and the effects of continued harmful use.
- ☐ Understand and recognize the stages of change and holistic health and other signs of treatment progress.
- ☐ Understand the behavioral indicators and dynamics of depression, unresolved anger, grief, low self-esteem, family dysfunction, and other emotional disturbances and knows how to match the same to effective treatment interventions.
- ☐ Assess treatment and recovery progress and, in consultation with the client and family members, make appropriate changes to the treatment plan to ensure progress toward treatment goals.
- ☐ describe and document the treatment planning process, progress, and outcomes.
- ☐ Conduct continuing care, relapse prevention, and discharge planning with the client and community/family members.
- ☐ Use DUSI-R and NWA information to develop treatment plans that address the emotional, social, spiritual, mental, and physical factors (medicine wheel) contributing to substance misuse.

## ICBOC Certification Competencies Linkage

- Treatment Planning
- Wellness Promotion
- Addiction Interventions
- Interviewing Techniques
- Case Management
- Reports and Record Keeping

## Accreditation Standard Linkage

417.4.3 Individual File 417.5.1  
Measurement System 417.5.2  
Service Delivery/Care Planning  
Measurements 417.5.4  
Individual Care Plan Components  
417.12.11 Quality Improvement  
and Outcome Measurement Tool

## Delivery Calendar

Total Annual Learner Certifications = 24

Date	Certificates
June 21- July 3, 2021	6
December 13- December 21, 2021	8
February 14- February 26, 2022	10

# Workforce Diversity



## Course Objectives

- ☐ Learners will articulate a variety of indicators or dimensions of diversity
- ☐ Demonstrate openness to new perspectives and diverse others
- ☐ Listen while withholding judgment about the new or unfamiliar
- ☐ Demonstrate communication skills that enable intercultural communication, including effective listening skills
- ☐ The learner will integrate the foundational theory of diversity into workplace practice
- ☐ Reassess personal perspectives when appropriate
- ☐ Learners can integrate CAC accreditations standards for diversity and articulate centre-based compliance mechanisms
- ☐ Recognize and critically reflect upon one's own culture, gender, age, and other biases
- ☐ Harness the power of diversity through inclusive communication and perspective taking as a source for creativity, innovation, and/or productive collaboration
- ☐ Understand how improved diversity competence leads to better quality care
- ☐ Adopt a client and culturally centered approach

## ICBOC Certification Competencies Linkage

All Certifications in Addictions & Wellness (General Knowledge and Skills in Support of Professional Practice; Cultural Knowledge and Skills; Addiction and Mental Wellness Related Topics)

## Accreditation Standard Linkage

4.2.1 Analysis of Collected Data  
4.2.2 Awareness of Diversity  
8.1.2 Recruitment Reflective of Person Served  
8.1.8 Duty to Accommodate  
8.2.7 Supervision  
417.8.12 Diversity  
417.8.13 Inclusion of Person Served  
417.8.14 Respect and Support of Diversity  
417.12.8 Diversity or Cross-Cultural Training

## Delivery Calendar

Total annual learner certifications = 15  
October 5- October 7, 2021



# YSAC Peer Accreditation Support Workshop

<div><b>Objectives</b><ul style="list-style-type: none"><li>❑ Facilitated sessions offered on a bi-weekly basis via Zoom</li><li>❑ To provide new YSAC personnel with a summary of the accreditation process</li><li>❑ To share and discuss in detail accreditation standards and related required documents for both Governance and Programming</li><li>❑ To facilitate the sharing of documents, policies, processes, and best practices from centres across the country</li></ul></div>			
<div><b>ICBOC Certification Competencies Linkage</b><ul style="list-style-type: none"><li>• Clinical Supervisors – Management &amp; Administration; Document &amp; Report Making</li><li>• Team Leader in Addiction Service Programs – Program Management &amp; Program Institutional Accreditation</li></ul></div>	<div><b>Accreditation Standard Linkage</b><p>All staff benefit from knowledge of accreditation, the process and benefits.</p></div>	<div><b>Delivery Calendar</b><p>Total annual learner certifications – Non Certificate workshop</p><p>Date students/certificates – Participants attend on a drop in basis</p><p>Bi-weekly workshops held: Governance standards: April – August 2022 Programming standards: November 2022 – March 2023</p></div>	

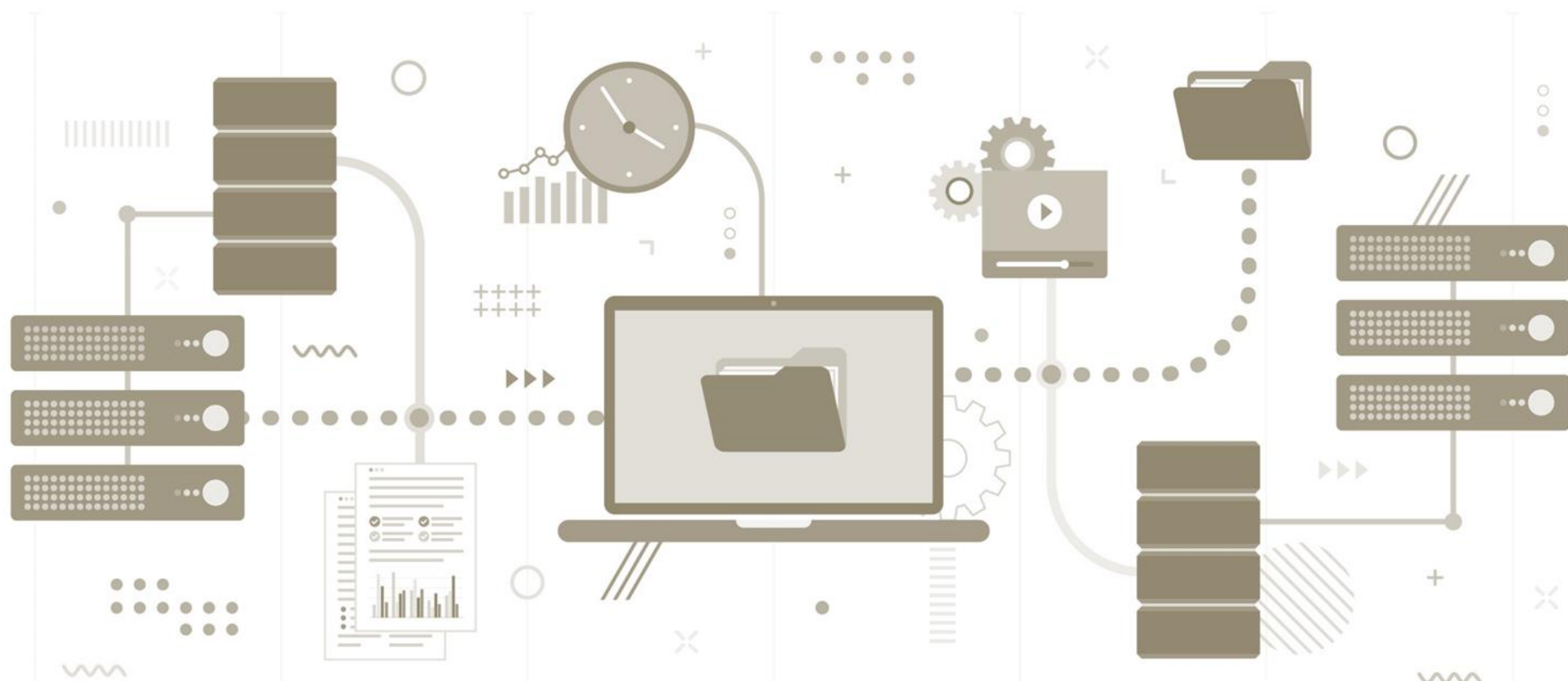


# Addictions Management Information System (AMIS) Statistics

**AMIS** ✦ **SGIT**

**Addictions Management Information System**

Système de gestion de l'information sur les toxicomanies



## Available Treatment Spaces

In this report, we summarize clients served and services provided by the YSAC centres during the fiscal year 2020-2021. These data include clients served in our National Youth Solvent Abuse Program (NYSAP). The clients and the services are diverse, and the data is complex. This report will, at different times, report different (n/N) numbers that refer to different subgroups or events that are based on specific filtering of the data. We also distinguish between unique clients and unique episodes of care. This distinction is important: Client demographic and social history counts are unduplicated counts in which each client is counted once. Episode counts represent an episode of care to a client – entailing admission, all services received, and discharge. All occur within the context of a period of healing for a client. Each client may have multiple levels of care (treatment instances) that occur within the fiscal year; thus, the client may be counted multiple times in some data sets that relate to services. In all cases, N values are reported so percentages can be considered. The data in this data set is reported across 8 YSAC youth-focused treatment centres. Charles J Andrew and Whiskyjack's family data is not yet captured fully in the AMIS database. The 2020-2021 global pandemic forced the closure of many centres, data from this year still represents several anomalies and should be considered historic in trends analysis.

National  
Non-Operational  
Days

1425

National  
Operational  
Days

2225

National  
Available beds

91

## Client Age

Level of care	Number of Treatment Instances	Number of Unique Clients
Day Program	N=19	N=18
Inpatient - Residential	N=125	N=104
Outpatient	N=9	N=9
Outpatient - After Care	N=87	N=81
Outpatient - Virtual	N=29	N=29
Pre-Treatment Services	N=17	N=13

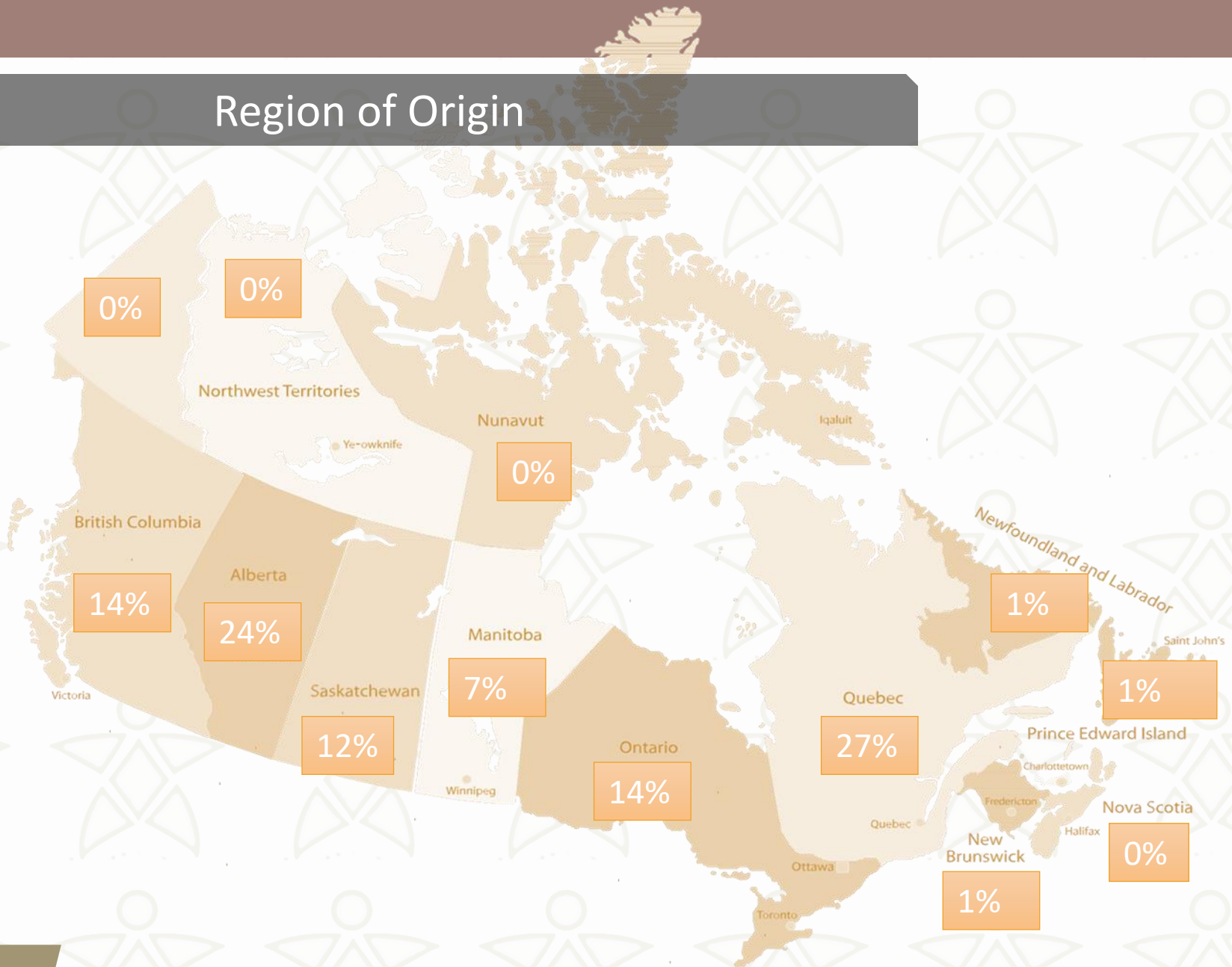
Age Group	Males	Females	Combined
under 12	N=2 (3%)	N=5 (5%)	N=7 (4%)
12	N=5 (7%)	N=7 (6%)	N=12 (7%)
13	N=9 (13%)	N=15 (14%)	N=24 (13%)
14	N=7 (10%)	N=18 (17%)	N=25 (14%)
15	N=10 (14%)	N=24 (22%)	N=34 (19%)
16	N=14 (20%)	N=27 (25%)	N=41 (23%)
17	N=8 (11%)	N=8 (7%)	N=16 (9%)
18	N=2 (3%)	N=1 (1%)	N=3 (2%)
over 18	N=13 (19%)	N=3 (3%)	N=16 (9%)
<b>Total Number of Clients</b>	<b>N=70</b>	<b>N=108</b>	<b>N=178</b>
<b>Average Age</b>	<b>16</b>	<b>14</b>	<b>15</b>

## Indigenous Status

Status	Males	Females	Combined
First Nation Non-Status	N=1 (1%)	N=6 (5%)	N=7 (4%)
First Nation Status	N=74 (97%)	N=113 (93%)	N=187 (94%)
Inuit Non-Status	N=0 (0%)	N=0 (0%)	N=0 (0%)
Métis	N=0 (0%)	N=3 (2%)	N=3 (2%)
Recognized Inuit	N=1 (1%)	N=0 (0%)	N=1 (1%)
<b>Total Number of Clients</b>	<b>N=76</b>	<b>N=122</b>	<b>N=198</b>

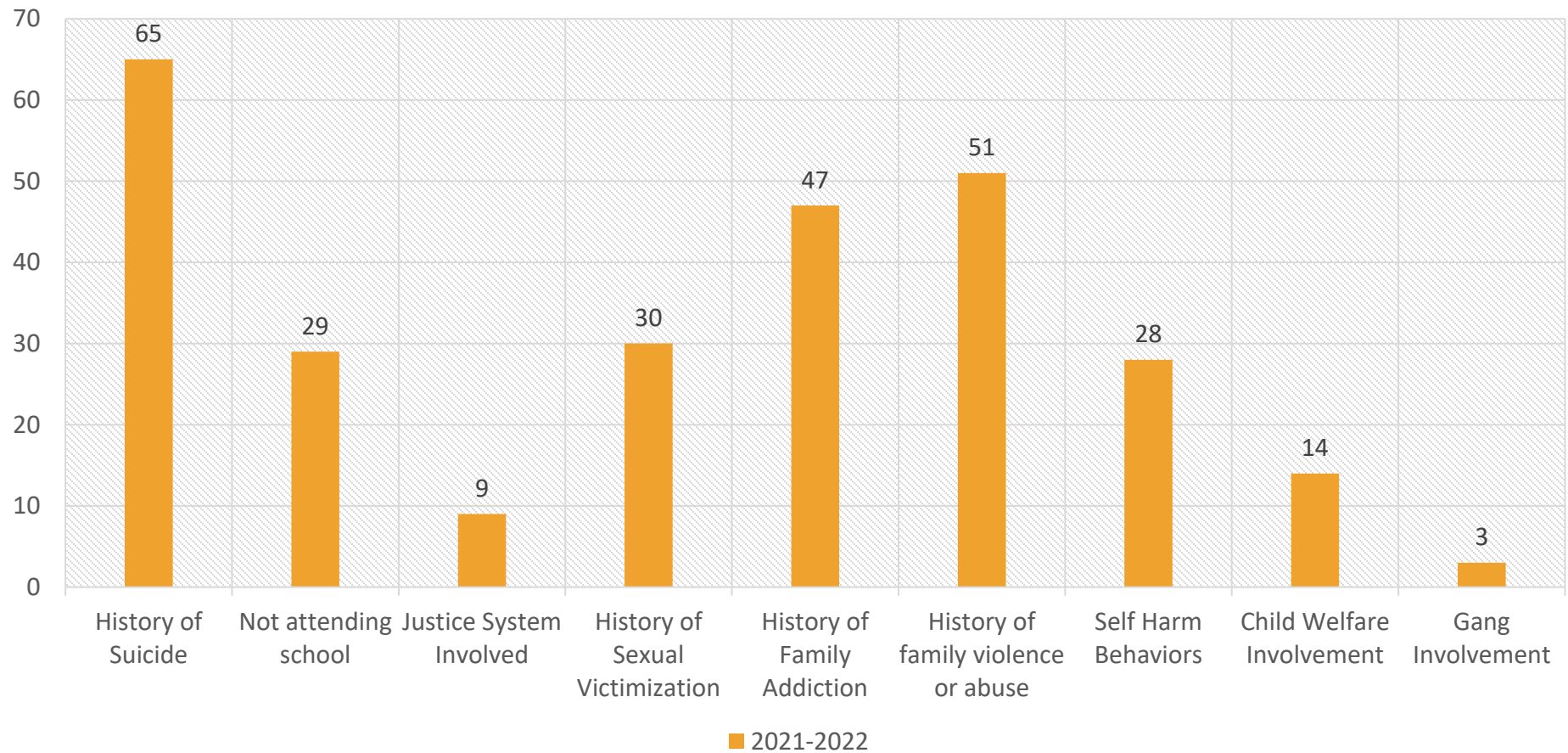


## Region of Origin



## Client Characteristic Profile

Client Characteristic Summary %



# Drug Utilization

Drug utilization rates are gathered through standardized assessment using the Drug Use Screening Inventory at entry. Each program applicant completes a screening for the 12-month preceding time period. In 2020 the AMIS/DUSI-R system was updated to reflect better drug classifications based on DSM-V.

This chart reflects a decreased number of completed assessments because of the Covid-19 Pandemic. This anomaly should be considered in any historical trends analysis.

Many centres are using DUSI-R as a pre and post-treatment outcome collection tool and outcome/follow-up data is available for each individual centre.

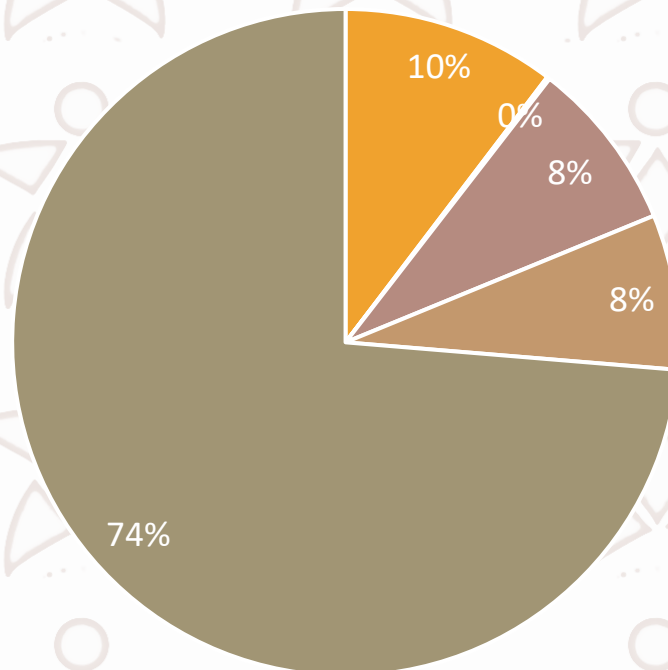
Substance	Males	Females	Combined
Aerosols	N=4 (10%)	N=7 (10%)	N=11 (10%)
Anabolic Steroids, Anti-Inflammatory Drugs, Antihistamines, Nitrous Oxide/Laughing Gas	N=3 (8%)	N=7 (10%)	N=10 (9%)
Antianxiety Medications	N=6 (15%)	N=7 (10%)	N=13 (12%)
Barbiturates	N=3 (8%)	N=6 (8%)	N=9 (8%)
Beer, wine, Liquor	N=30 (75%)	N=60 (83%)	N=90 (80%)
Benzodiazepines	N=5 (13%)	N=10 (14%)	N=15 (13%)
Chewing	N=2 (5%)	N=7 (10%)	N=9 (8%)
Cocaine, Uppers, Khat	N=11 (28%)	N=30 (42%)	N=41 (37%)
Coffee, Tea, Soda/Pop, Energy Drinks, Chocolate	N=37 (93%)	N=65 (90%)	N=102 (91%)
Diverted Methadone	N=0 (0%)	N=2 (3%)	N=2 (2%)
Diverted Suboxone	N=0 (0%)	N=1 (1%)	N=1 (1%)
Gas/Fuels, Butane Lighters	N=7 (18%)	N=7 (10%)	N=14 (13%)
Glue	N=2 (5%)	N=3 (4%)	N=5 (4%)
Marijuana, Pot, Weed, Hash	N=31 (78%)	N=63 (88%)	N=94 (84%)
Methamphetamine - Crystal Meth	N=3 (8%)	N=15 (21%)	N=18 (16%)
Methamphetamine - Ice/Glass	N=3 (8%)	N=8 (11%)	N=11 (10%)
Methamphetamine - Speed	N=9 (23%)	N=20 (28%)	N=29 (26%)
Non-Potable Alcohol - Hairspray, Sanitizer, Mouthwash, Aftershave	N=8 (20%)	N=6 (8%)	N=14 (13%)
Non-Prescription Codeine	N=5 (13%)	N=7 (10%)	N=12 (11%)
Non-Prescription Heroin	N=0 (0%)	N=7 (10%)	N=7 (6%)
Non-Prescription Morphine	N=2 (5%)	N=9 (13%)	N=11 (10%)
Non-Prescription Oxycodone	N=1 (3%)	N=4 (6%)	N=5 (4%)
Non-Prescription Oxycontin	N=0 (0%)	N=7 (10%)	N=7 (6%)
Other - LSD, Mescaline, MDMA/Ecstasy, DOM/STP, DMT, Magic Mushrooms, Morning Glory Seeds, Jimson Weed, Salvia Divinorum	N=13 (33%)	N=32 (44%)	N=45 (40%)
Other Volatile Compounds	N=1 (3%)	N=2 (3%)	N=3 (3%)
Over the counter Cold Remedies	N=10 (25%)	N=17 (24%)	N=27 (24%)
Over the counter Weight Loss Aids	N=1 (3%)	N=3 (4%)	N=4 (4%)
Paint, Paint Thinner, Lacquer	N=1 (3%)	N=2 (3%)	N=3 (3%)
Phencyclidines - PCP, Angel Dust, Ketamine, Cyclohexamine, Disocilpine	N=2 (5%)	N=8 (11%)	N=10 (9%)
Prescribed Antianxiety Medications	N=5 (13%)	N=22 (31%)	N=27 (24%)
Prescribed CBD	N=5 (13%)	N=3 (4%)	N=8 (7%)
Prescribed Cannabis	N=7 (18%)	N=2 (3%)	N=9 (8%)
Prescribed Sleeping Medications	N=7 (18%)	N=21 (29%)	N=28 (25%)
Prescription Methadone	N=0 (0%)	N=3 (4%)	N=3 (3%)
Prescription Oxycontin, Oxycodone, Codeine, Morphine	N=3 (8%)	N=6 (8%)	N=9 (8%)
Prescription Suboxone	N=1 (3%)	N=3 (4%)	N=4 (4%)
Propane	N=4 (10%)	N=2 (3%)	N=6 (5%)
Shatter	N=19 (48%)	N=33 (46%)	N=52 (46%)
Sleeping Medications	N=15 (38%)	N=16 (22%)	N=31 (28%)
Smokeless Tobacco	N=9 (23%)	N=30 (42%)	N=39 (35%)
Smoking	N=31 (78%)	N=60 (83%)	N=91 (81%)
Synthetic Cannabis - K2, Spice and others	N=8 (20%)	N=12 (17%)	N=20 (18%)
<b>Total Number of DUSI-R Assessments</b>	<b>N=40</b>	<b>N=72</b>	<b>N=112</b>

## Financial Summary

All YSAC centres are federally funded projects through the Federal Brighter Futures Initiative. Each centre is managed through some form of First Nations governance structure which may include provincial or Federal Incorporation or tribal administration. As a result of their various governance structures, all centres undergo an annual audit performed by an independent provincial auditor. Audit, as well as individual centre annual reports, are submitted to First Nations and Inuit Health Branch both regionally and nationally.

The youth solvent addiction committee is funded for coordination services, meeting expenses and projects as submitted in advance by way of a five-year strategic work plan. Itemized financial statements are reviewed at each YSAC meeting, and an annual audited financial summary is provided by the incorporated organization hired to administer the YSAC contribution agreement. This fiscal year KaNaChiHih Treatment Centre acted as host and administrator for the YSAC accounts. This expenditure breakdown reflects limited use of funds used because Workplan items related to travel, meetings and in-person training were in surplus with zero expenditures.

- Administration
- Culture and Recreation
- Office
- Training and Development
- Staffing





## Contact List

### Charles J Andrew Youth & Family Treatment Centre

Box 109  
Sheshatshiu, Labrador  
AOP 1M0  
PH: 709-497-8995  
FX: 709-497-8993  
[fallingham@cjay.org](mailto:fallingham@cjay.org)  
[www.cjay.org](http://www.cjay.org)

### KaNaChiHih Treatment Centre

1700 Dease Street  
Thunder Bay, ON  
P7C 5H4  
PH: 807-623-5577  
FX: 807-623-5588  
[acarter@kanachihih.ca](mailto:acarter@kanachihih.ca)  
[www.kanachihih.ca](http://www.kanachihih.ca)

### Leading Thunderbird Lodge Inc.

P.O. Box 400  
Fort Qu'Appelle, SK  
S0G 1S0  
PH: 306-332-5659  
FX: 306-332-1850  
[www.leadingthunderbirdlodge.ca](http://www.leadingthunderbirdlodge.ca)

### Nenqayni Wellness Centre Society

P.O. Box 2529  
Williams Lake, BC  
V2G 4P2  
PH: 250-989-0301  
FX: 250-989-0307  
[walphonse@nenqayni.com](mailto:walphonse@nenqayni.com)  
[www.nenqayni.com](http://www.nenqayni.com)

### Nimkee Nupigawagan Healing Centre

20850 Muncey Road,  
P.O. Box 381, RR#1,  
Muncey, ON  
NOL 1Y0  
PH: 519-264-2277  
FX: 519-264-1552  
[executivedirector@nimkee.org](mailto:executivedirector@nimkee.org)  
[www.nimkee.org](http://www.nimkee.org)

### Walgwan Center

75 School Street  
Gesgapegiag, Quebec  
G0C 1Y1  
PH: 418-759-3006  
FX: 418-759-3064  
[pamela@walgwan.com](mailto:pamela@walgwan.com)  
[www.walgwan.com](http://www.walgwan.com)

### Whiskyjack Treatment Centre

P.O. Box 580  
336 Thompson Drive  
Norway House, MB  
R0B 1B0  
PH: 204-359-8995  
FX: 204-359-6497  
[rkozak@wtcentre.ca](mailto:rkozak@wtcentre.ca)

### White Buffalo Treatment Centre Inc.

P.O. Box 2500  
Prince Albert, SK  
S6V 7G3  
PH: 306-764-5250  
FX: 306-764-5255  
[egordon@wbtc.ca](mailto:egordon@wbtc.ca)  
[www.wbtc.ca](http://www.wbtc.ca)

### Maskwacis Young Spirit Winds Society

P.O. Box 570  
Maskwacis, AB  
T0C 1N0  
PH: 780-585-2219  
FX: 780-585-2665  
[award@onehealth.ca](mailto:award@onehealth.ca)

## Geographic Locations

