



Kuujjuaq, July 19, 2023

BY EMAIL

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Subject: Follow-up to on Recommendation 8, J2517_18

Dear Madam,

This is in response to your request J2517_18 dated on December 16, 2022, for which we had until June 19, 2023, to respond. Many changes have occurred within our institution, unfortunately causing a late response on our part. Please read my sincere apologies for the delays caused. Information on how to implement this recommendation can be found below.

Recommendation 8.

DEVELOP a mental health and addiction program for Nunavik youth and send a copy to the Commission within six (6) months of receipt of the recommendation.

Comments: Following the recommendation, developing a comprehensive and complex mental health and addiction program for the youth of Nunavik has not been possible. That said, multiple projects responding to this recommendation have seen the day in the last months. They are described in the next pages.

Open Space Program

Since 2021, we have been working to implement the "Open space" program in Nunavik created with a view to deploying a network of integrated services for young people aged from 12 to 25 by rethinking the way services are offered to them. The aim is to reach young people who do not consult traditional facilities and service models, to reach vulnerable and marginalized youth, to improve the transition between youth and adult services, and to avoid service breakdown. More specific program objectives can be available at your request.

Psychoactive substance use policy in Nunavik schools

There is a lack of uniformity in regard to the framework document that regulates the rules, roles and responsibilities, and the steps taken and various possible interventions towards psychoactive substance use in schools. The Psychoactive substance use policy in Nunavik schools aims at delivering a detailed protocol of the intervention trajectory when faced with an event of psychoactive substance use. It is a culturally adapted summary of the guide created by the Quebec government in order to support the school boards in the creation and review of their protocol & policy in regard to psychoactive substance use in the school setting. The implementation of coherent actions and interventions must act on several levels: with students, the living and working environment, the family and the community.

Nunami Program

Nunami program is a land-based mental wellness and prevention program. Through traditional activities, participants (including youth) are invited to connect with the land as a way of learning and healing. Through projects such as fishing, hunting and traditional food preparing, cultural knowledge is shared with the youth. And on the other hand, youth also have the opportunity to share their knowledge with the rest of the population. The main goal is to develop prevention, mental wellness and support services based on population values and interests.

Self-care journal and calendar

The self-care journal aims at offering tools to guide the person into thinking about the meaning of wellness, targeting what wellness means to them, self-discovery to promote insight and a step by step guide in their personal journey into wellness. This journal can be used in two different settings: in the course of a follow-up with their care provider and/or by a autonomous approach. Throughout this journal, we suggest different exercises to support the person in their wellness journey. At first, there was a calendar version of self-care journal. We realized that the journal version was more useful for everyday use.

Training "Finding new momentum in addiction intervention (Part I, II and III)"

This training aim to develop the fundamental knowledge, skills and attitudes needed to intervene in the field of substance use from a cultural safety perspective. Training is divided into 3 parts, each with its own objective and target public. Part 1 focuses on basic concepts about substance use and addiction, roots of addiction, myths, stigmatization and model of care. Part 2 focuses more on fundamental intervention

practices, skills and attitudes and motivational approaches. For its part, Part 3 focuses more on perinatal, parenthood, family members and friends. Youth find themselves positively impacted by all the parts considering that psychosocial and physical caregivers, members of law enforcement, community members and family/friends can follow this training. It's also a place for people to exchange experiences, using concrete examples to help them find safe solutions.

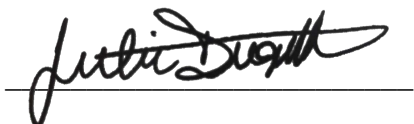
Mental Health First Aid for Inuit

The Mental Health Commission of Canada develop this program to help people provide initial support to someone who may be developing a mental health issue or is experiencing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. This specific program is based on Inuit culture and start to be use in Nunavik. Knowing that mental health issues often develop during adolescence or early adulthood, this program have a direct impact on youth from Nunavik. One of the objectives of this program is to inform the general public what to do in those situation because they often do not know how to respond. The fact is that professional help is not always on hand. NRBHSS Inuit and qallunaq employees have followed the training to make it more accessible in the region. A second cohort is scheduled to start in autumn 2023, again in collaboration with our Inuit Values and Practices department.

Inuuguminaq strategy (suicide-prevention strategy in Nunavik)

The Inuuguminaq Strategy have 5 priorities: *healthy development for children and youth, comprehensive mental health support, healing from grief and historical trauma, Inuit knowledge mobilization and Inuit self-determination and collaboration across Nunavik.* Considering the nature of recommendation 8, it is clear that the Inuuguminaq Strategy is in a position to contribute to better mental health among young nunavimmiut. In January 2023, NRBHSS hosted a three-day summit for Nunavik organizations to participate in the development of the second action plan emanating from the Inuuguminaq Strategy. This approach to action planning reflects best practices in the field, which call for all sectors of society to be involved in preventing suicide. The NRBHSS was deliberate in securing strong representation from youth in the development of the second action plan as these groups are overrepresented in suicide rates in Nunavik (and other parts of Inuit Nunaat), yet generally underrepresented in suicide prevention planning (when represented at all).

Hoping that everything is in order, please accept, Mrs. St-Denis, our best regards.



Julie Duquette

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