



Kuujuaq, July 19, 2023

BY EMAIL

Mrs. Gina St-Denis  
En u trice jeunesse  
*Direction des enquêtes Jeunesse*  
, ou , poste Á  
[ina. t enis cdpdj. c.ca](mailto:gina.stdenis@cdpdj.ca)  
360 Saint-Jacques St., 2<sup>nd</sup> floor  
Montréal, Québec H2Y 1P5

**Subject: Follow-up to Recommendations ,**

---

Dear Madam,

This is in response to your request 2 \_1 dated on eember , 202 , for which we had until une , 202 , 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. nformation on how to implement this recommendation can be found below.

. P a mental health and addiction program for Nunavik youth and send a copy to the ommission within si months of receipt of the recommendation.

**Comments:** ollowing the recommendation, developing a comprehensive and comple 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 below:

### **1- 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 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 marginalised 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.

### **2- 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 and 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, along with other documents. The implementation of coherent actions and interventions must act on several levels: with students, the living and working environment, the family and the community.

### **3- Nunami Program (ex du Ikaartuit Program)**

Nunami is a land-based mental wellness and prevention program developed by the NRBHSS. 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.

### **4- 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 and 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 an 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.

- 5- raining inding ne o entu in addiction intervention Part and
- 6- enta eat first id it at in co a oration it P
  - Suicide-prevention strategy
  - Postvention in crisis situation e dans es co es
  - n o-social e p ine and pro otion o e p ressources or unnavi iut on socia edia

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

---

Rujie Oü uette  
 Psyc@osocial Affairs and support to & { { unity [ rgani ations Coordinator  
 Nunavik Regional Board of Health and Social Services Kuujuaq, Quebec