“Whenever you reach out, there will be someone to take your hand.”

Clara (Sis) Van Bibber
Northern Native Broadcasting Yukon, 2001
Our Spirits are Strong: The Ripple Effects of Mission School Recovery
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“I have seen that in any great undertaking, it is not enough for a man to depend simply upon himself.”

Isna-la-wica, Teton Sioux
Mental Wellness Services for First Nation Front-line Workers in the Yukon was identified by the Health and Social Development Commission as an initiative to provide resources to Yukon First Nation health and social workers through the Aboriginal Health Transition Fund (AHTF).

This booklet is a companion document to other existing resources that identify supports for mental illness, drug and alcohol issues and overall community wellness.

As mental wellness is an integral part of balance, this project has approached the mental health of Yukon First Nations from a wellness perspective and this tool aims to reflect this approach.

Mental Wellness Services for First Nation Front-line Workers in the Yukon outlines resources and services that Yukon First Nations can call upon.

Information is provided about the types of services, where these services can be accessed and the cultural support that the services offer.

Although this is not an exhaustive list of services, this booklet identifies services that workers may wish to access.

All information is up to date as of March 2013.
Alcohol and Drug Services
Government of Yukon

WHO?
Men, women and youth dealing with addictions

WHAT?
In-patient and out-patient treatment for addictions
Detoxification services
Education • Prevention • Youth counselling
Outreach services to Whitehorse agencies and communities

HOW?
Self-referral • Referral from other agencies

WHERE?
6118 Sixth Avenue, Whitehorse
✆ 667.5777 • 1.800.661.0408 (Ext. 5777)
Detox Services
✆ 667.8473 • 1.800.661.0408 (Ext. 8470)
Help Line
✆ 1.866.980.9099

WHEN?
8:00 am to 4:30 pm Mondays to Fridays
Detox Services open 24 hrs/day 7 days a week

Cultural Safety
Prevention team will visit communities to provide training
Outreach out-patient counselling services to Watson Lake via Telehealth and visits
Counsellors in Whitehorse work to link First Nation clients with spirituality and their communities

Services are free of charge
Provides services in Whitehorse and communities
**Blood Ties Four Directions Centre**

**WHO?**
- Men, women and youth
- People-at-risk
- Those affected or infected by HIV/AIDS or Hepatitis C

**WHAT?**
- Needle exchange • HIV/AIDS and Hepatitis C counsellors
- Therapeutic counselling • Supportive housing and Services • Health promotion • Youth outreach
- Testing education • Advocacy • Harm reduction
- Support • Naturopathic care • Information workshops
- “No Fixed Address” outreach van

**HOW?**
- Drop-in • Self-referral • Referral from other agencies

**WHERE?**
- 307 Strickland Street, Whitehorse
  - 633.2437
  - Toll-free 1.877.333.2437
  - www.bloodties.ca

**WHEN?**
- 8:30 to noon and 1:00 to 4:30 pm Mondays to Fridays
- 1:00 to 4:00 pm Drop-in
- Outreach Nurse on Wednesdays from 1:00 to 3:00 pm

**Cultural Safety**
- Staff access First Nation history course through the Government of Yukon

*Services are free of charge
Provides services in Whitehorse and communities*
BYTE – Bringing Youth Towards Equality

**WHO?**
Youth aged 12 to 24 years

**WHAT?**
Youth services • Workshops • Facilitation
Community outreach • Crisis lines • Events
Exchange programs and conferences
Action • Advocacy • Free Store • Library
Youth meeting space

**HOW?**
Drop-in services
Referrals to other agencies

**WHERE?**
Suite 2 – 407 Ogilvie Street
Whitehorse
📞 667.7975
🌐 www.yukonyouth.com

**WHEN?**
9:00 am to 4:30 pm
Mondays to Fridays

*Cultural Safety*
View and approach that cultivates tolerance, understanding, compassion and respect

*Some services are free of charge*
*Provides services in Whitehorse and outreach in some communities*
CAIRS – The Committee on Abuse in Residential Schools Society

**WHO?**
Men, women and families dealing with the impacts of the Indian Residential School experience

**WHAT?**
Counselling
Outreach and Educational Workshops
Awareness

**HOW?**
Drop-in services • Self-referral
Referral from other agencies

**WHERE?**
4040 Fourth Avenue
Whitehorse
☎ 667.2247

**WHEN?**
9:00 am to 4:30 pm
Mondays to Fridays (closed noon to 1:00 pm)

**Cultural Safety**
First Nation staff on site
First Nation philosophy applied to counselling and programming
Family-oriented treatment

*Services are free of charge*
*Provides services in Whitehorse*
Child Development Centre (CDC)

WHO?
Children from birth to school age and particularly, children whose needs are special

WHAT?
Children with special needs • FASD Diagnosis
Early assessment/intervention service
Physiotherapy • Occupational therapy
Speech and language therapy
Developmental therapy (social and emotional)
Child Psychologist on staff
Therapeutic integrated school program

HOW?
Referrals
Wait list

WHERE?
1000 Lewes Boulevard, Whitehorse
📞 456.8182 ☎ Toll-free 1.866.835.8386
📞 633.7820 Dusk’a Early Headstart and Family Learning Centre at Kwanlin Dün
📞 Watson Lake 536.7151 ☎ Dawson City 993.3028
🌐 www.cdcyukon.com

WHEN?
8:00 am to 4:30 pm Mondays to Thursdays
8:00 am to 4:00 pm Fridays
Closed mid-June to mid-August and all weekends

Services are free of charge
Provides services in Whitehorse and communities
Outreach therapists travel to communities once per month
Community Wellness Court/Justice Wellness Centre

**WHO?**
Offenders with addictions, mental health issues and FASD

**WHAT?**
Development of intensive 12 - 18 month wellness plans
Assessment
Individual and group programming
Counselling
Access to services through the Justice Wellness Centre
Referrals to community agencies

**HOW?**
Self-referral • Family • Court
Referral from other agencies

**WHERE?**
4141 C Fourth Avenue, Whitehorse
☎ 393.6256
Community Wellness Court c/o Court Services
Main Floor, Law Courts Building
2134 Second Avenue, Whitehorse
🌐 www.yukoncourts.ca/courts/territorial/cwc.html

**WHEN?**
8:30 am to 5:00 pm Mondays to Fridays

*Culture Safety*
Holistic Wellness Plans developed

*Services are free of charge*
*Offenders must live in Whitehorse for the duration of their involvement with the court*
Fetal Alcohol Syndrome Society of Yukon (FASSY)

**WHO?**
Men and women with and affected by FASD

**WHAT?**
Coordination of an annual FASD diagnostic clinic
Education and prevention services
Outreach services • Advocacy • Training • Workshops
“No Fixed Address” outreach van

**HOW?**
Self-referrals
Referrals from other agencies
Referrals from family and community workers

**WHERE?**
4141 B Fourth Avenue, Whitehorse
☎ 393.4948

**WHEN?**
8:30 am to 5:00 pm Mondays to Fridays

*Cultural Safety*
Daily lunch program delivered in partnership with Challenge

*Services are free of charge*
Provides services in Whitehorse, prevention and education available in all communities and other supports as resources permit
Indian Residential Schools Resolution
Health Support Worker

**WHO?**
Men and women
First Nation claimants who have gone to Indian Residential Schools

**WHAT?**
Emotional support
Advocacy through the claim process
Crisis Management
Referral to other agencies

**HOW?**
Self-referral • Referral from other agencies

**WHERE?**
2166 Second Avenue, Whitehorse
้อย 393.9216
้อย 1.866.925.4419 – Toll-free IRS Survivor Community Support Line

**WHEN?**
8:30 am to 4:30 pm Mondays to Fridays – Closed noon to 1:00

**Cultural Safety**
First Nation staff
References to Elders, spiritual teachers and registered Health Canada service providers

*Services are free of charge*
*Provides services in Whitehorse and a Toll-free IRS Survivor Support Line for communities*
Kaushee’s Place Transition Home

**WHO?**
Women with, or without, children

**WHAT?**
Transition home for women fleeing abuse (*physical, mental, sexual, spiritual*)
24-hour Crisis Line
Food for women in need
Self-contained living quarters
Advocacy • Referrals • Drop-in outreach service
Parenting skill development
Transportation services for mothers within Whitehorse city limits

**HOW?**
Self-referrals • Referrals from other agencies

**WHERE?**
Whitehorse
📞 633.7720
📞 24-hour Crisis Line 668.5733 (Collect calls accepted)

**WHEN?**
24-hours per day

*Cultural Safety*
Holistic view and approach to health

*Services are free of charge*
*Provides services in Whitehorse*
Kwanlin Dün First Nation Health Centre

**WHO?**
Men, women and children with a primary focus on Kwanlin Dün First Nation citizens

**WHAT?**
- Nursing services
- Doctor’s clinic
- Counselling for addictions and mental health
- Family support
- Land-based camps
- Mens’ groups
- Womens’ groups
- Residential School healing services
- Health promotion activities
- Traditional Knowledge-sharing
- “No Fixed Address” outreach van

**HOW?**
Self-referral • Referral from other agencies

**WHERE?**
35 McIntyre Drive, Whitehorse
- ☎ 668.7289
- 🌐 www.kwanlindun.com/health/section/services

**WHEN?**
9:00 am to noon and 1:00 to 4:30 pm Mondays to Fridays

**Cultural Safety**
- Only First Nation-operated Health Centre north of the 60th parallel
- First Nation staff and Elder support workers
- First Nation philosophical approach to services and programming
- Client-centred services

*Services are free of charge*
*Provides services in Whitehorse*
Many Rivers Counselling and Support Services

**WHO?**
Men, women, youth, children and families

**WHAT?**
Counselling
Youth Outreach program (for at-risk youth aged 12 to 24)
Employee Assistance Program (EAP) Counselling
Family education services
Workshops (upon request)
Staff training and support
Weekly or monthly sessions by appointment
Regional offices: Watson Lake, Dawson City and Haines Junction
“No Fixed Address” outreach van

**HOW?**
Self-referral • Referral from other agencies

**WHERE?**
4071 Fourth Avenue, Whitehorse
✆ 667.2970 (Collect calls accepted)
✆ Youth Outreach cell 334.9551

**WHEN?**
9:00 am to Noon and 1:00 to 5:00 pm Mondays to Fridays
Youth Outreach – flexible hours

**Cultural Safety**
Staff attend Government of Yukon cultural awareness programs and are provided with cultural awareness resources

**Sliding fee scale**
Youth Outreach program free of charge
Provides services in Whitehorse and some communities
Mental Health Nurses
Whitehorse General Hospital

**WHO?**
Men, women, youth and children in mental health crisis

**WHAT?**
Mental health crisis intervention
Initial mental health assessment
Plan of care for in-patients

**HOW?**
Self-referral (through Whitehorse General Hospital’s Emergency Ward)
Referral from other agencies

**WHERE?**
5 Hospital Road
Whitehorse General Hospital
☎ 393.8700
☐ www.whitehorsehospital.ca

**WHEN?**
8:30 am to 4:30 pm Mondays to Fridays

**Cultural Safety**
Nurse works closely with Yukon First Nations Health Programs at Whitehorse General Hospital

*Services are free of charge*
*Provides services in Whitehorse*
Mental Health Services
Government of Yukon

**WHO?**
Men, women, youth and children

**WHAT?**
Mental health assessments and treatment
Referrals
Supportive counselling
Individual and group therapy

**HOW?**
Self-referral
Referral from other agencies

**WHERE?**
4 Hospital Road
Whitehorse
✆ 667.8346
✆ Toll-free 1.800.661.0408 (Ext. 8346)
🌐 www.hss.gov.yk.ca/mental_health.php

**Cultural Safety**
Regional staff visit communities on a regular basis

*Services are free of charge*
*Provides services in Whitehorse and the communities*
"No Fixed Address" Outreach Van

Collaborative program with Many Rivers Counselling and Support Services, Blood Ties Four Directions, Kwanlin Dün First Nation, Kaushee’s Place and FASSY

**WHO?**
Men, women and youth who are street-involved and at-risk

**WHAT?**
Mobile community outreach program
Nursing care and wound management
Health promotion • Counselling • Advocacy
Harm-reduction • Referrals
Food, water, clothing, blankets and personal care items

**HOW?**
Drop-in
Self-referral

**WHERE?**
Whitehorse
 느낌 Mobile van service 334.1647

**WHEN?**
4:00 to 9:00 pm Mondays to Saturdays
(except Statutory Holidays)

*Services are free of charge*
*Provides services in Whitehorse*
Second Opinion Society

**WHO?**
Psychiatric survivors, individuals going through emotional distress and/or interested in holistic approaches to mental health

**WHAT?**
Peer support • Advocacy • Resource library
Social and recreational activities • Workshops
Alternative mental health information
Basic services on site (shower, laundry, kitchen, computer, photocopier, fax)
Provides referrals to other services

**HOW?**
Drop-in • Self-referral
Referral from other agencies

**WHERE?**
304 Hawkins Street
Whitehorse
☎ 667.2037
🌐 www.second-opinion.ca

**WHEN?**
11:00 am to 5:00 pm Mondays to Fridays

*Cultural Safety*
Holistic approach to services

*Services are free of charge*
*Provides services in Whitehorse*
Skookum Jim Friendship Centre

**WHO?**
Men, women, youth and children

**WHAT?**
Traditional parenting program  
Youth Diversion Program and Family Support  
Youth Emergency Shelter for youth aged 17 to 24

**HOW?**
Self-referral  
Referral from other agencies

**WHERE?**
3159 Third Avenue  
Whitehorse  
📞 633.7680  
📞 335.1216 – Youth Emergency Shelter  
🌐 www.skookumjim.com

**WHEN?**
8:30 am to 4:30 pm Mondays to Fridays  
Youth Emergency Shelter – 9:00 pm to 9:00 am Daily

**Cultural Safety**
First Nation staff  
First Nation holistic values  
Use of Medicine Wheel  
Elders involved in workshops  
Oldest First Nation organization in the Yukon

*Services are free of charge*  
*Provides services in Whitehorse*
Victim Services
Department of Justice, Government of Yukon

**WHO?**
Victims of domestic violence, sexual assault, stalking and other crimes

**WHAT?**
Assistance and information
Individual, family and community support
Information about safety planning, the criminal justice system and Family Violence Prevention Act
Assistance in obtaining Emergency Intervention Orders, Victim Impact Statements and Peace Bonds

**HOW?**
Self-referral
RCMP referral at time of incident
Referral from other agencies

**WHERE?**
301 Jarvis Street
Whitehorse
☎ 667.8500
☎ Toll-free 1.800.661.0408 (Ext. 8500)
☞ www.justice.gov.yk.ca/prog/cor/vs/index.html

**WHEN?**
8:00 am to 4:30 pm Mondays to Fridays

*Cultural Safety*
Victim Services Workers in Dawson City and Watson Lake

*Services are free of charge*
*Provides services in Whitehorse and all communities*
Victoria Faulkner Women’s Centre

WHO?

By Women, For Women
NB. Men from the communities are welcome to accompany their partners to the pregnant mother’s suite and “Healthy Moms, Healthy Babies” program.

WHAT?

Women’s advocacy • Information • Referrals
Healthy Moms, Healthy Babies Program
Yukon rural pregnant mother’s suite • Education
Community kitchen • Free lunch 11:30 to 1:30 on Wednesdays
Drop-in services (coffee, library, fax, food, shower and laundry)
Special events
Mother and children summer recreation programming

HOW?

Drop-in for women only
Self-referral • Referrals from other agencies

WHERE?

503 Hanson Street, Whitehorse
☎ 667.2693

WHEN?

9:00 am to 5:00 pm
Mondays, Tuesdays, Wednesdays and Fridays
10:00 am to 6:00 pm Thursdays
11:00 am to 3:00 pm Drop-ins (for women only)

Cultural Safety
Includes cultural aspects such as drumming, prayers & special events
Wednesday lunch may include traditional foods

Services are free of charge
Provides services in Whitehorse
Whitehorse Correctional Centre
Department of Justice, Government of Yukon

**WHO?**

Individuals incarcerated at
Whitehorse Correctional Centre

**WHAT?**

White Bison Program
Individual and group Counselling
Medical and dental program
Sookum Jim Friendship Centre Traditional Parenting Program • Violence prevention program
Substance abuse management
Yukon College job skills, certificates and upgrading
Sex offender program
Embedded probation officer
Integrated offender management • Emotional management
Interactive journaling

**WHERE?**

25 College Drive
Whitehorse
☎ 456.2900
☎ Toll-free 1.800.667.0408 (ask for WCC)

**Cultural Safety**

Group counselling with talking circle and Medicine Wheel component
Elder contracted to provide support
Elders Advisory Group
Healing room and Elders room
Traditional workshops
Indian Residential School counsellors
Youth of Today Society, Angel’s Nest Youth Centre

**WHO?**
Youth aged 15 to 24 years
Youth at-risk

**WHAT?**
Support • Advocacy
Referrals to community agencies
Counselling • Basic amenities
Drop-in centre • Life skills workshops

**HOW?**
Drop-in
Self-referral
Referral from other agencies

**WHERE?**
410 Jeckell Street
Whitehorse
☎ 633.9687
🌐 www.youthoftodaysociety.com

**WHEN?**
Noon to 8:00 pm Mondays to Fridays
3:00 to 8:00 pm Mondays to Fridays (Youth Drop-in)
5:00 to 6:00 pm Mondays to Fridays (Supper Club)

*Cultural Safety*
First Nation cultural art workshops

*Services are free of charge*
*Provides services in Whitehorse*
Yukon College
First Nations Support Services

**WHO?**
First Nation Yukon College students

**WHAT?**
Support in Whitehorse
Phone support to communities

**HOW?**
Drop-in services
Self-referrals

**WHERE?**
500 College Drive
Yukon College, Whitehorse
☎ 668.8720
☎ 1.800.661.0504

**WHEN?**
8:30 am to 4:30 pm Mondays to Fridays

*Cultural Safety*
First Nation staff
First Nation philosophical approach
Traditional teachings and cultural events
“Campfire to College” Web Site
Visits with Elders
Seasonal celebrations

*Services are free of charge*
*Provides services in Whitehorse with phone support to Yukon College students in the communities*
Yukon First Nations Health Programs
Whitehorse General Hospital

WHO?
Men, women and children
First Nation clients and families accessing Whitehorse General Hospital

WHAT?
Liaison program dealing with mental health
Coordination of care • Resource Advocacy
Support for communities to access training and resources
Child life worker

HOW?
Drop-in services
Self-referral • Referral from other agencies

WHERE?
5 Hospital Road, Whitehorse General Hospital
✆ 393.8758

WHEN?
8:00 am to 11:00 pm Mondays to Fridays
10:00 am to 6:00 pm Weekends and holidays

Cultural Safety
First Nation staff on site
First Nation philosophy applied to programming
Traditional cultural practices available to support families
Healing Room
Interpretation Services
Traditional Medicine
Traditional Diet

Services are free of charge
Provides services in Whitehorse
Yukon Anti-Poverty Coalition

WHO?
Yukoners living in poverty

WHAT?
Advocacy • Education and awareness • Action
Referrals • Events
Partnerships with other agencies

WHERE?
Whitehorse
☎ 334.9317
,www.yapc.ca

WHEN?
Part-time coordinator leave message after hours
Monthly membership meetings every third Thursday of
the month from 5:00 to 7:00 pm in Whitehorse

Services are free of charge
Some things to think about or ask when calling a service provider:

☐ Do you come to my community?
☐ When, and how often do you visit my community?
☐ Do you phone before you're coming to my community?
☐ Do you work with other organizations?
☐ Do you provide informational sessions or workshops?
☐ Do you provide training opportunities?
☐ Can I refer, or send someone, to your service?
☐ Do you offer counselling over the phone or by Telehealth?
☐ Is your counsellor male or female?
☐ What do you require when you come to the community (such as meeting space and/or food for meetings)?
☐ Are you familiar with the Cultural Orientation Protocols Tool Kit? (available through CYFN at 393.9249)
<table>
<thead>
<tr>
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<td>M.Ed. C.Psych.</td>
<td>Whitehorse</td>
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Other Resources

Salvation Army Shelter
4169 Fourth Avenue, Whitehorse
✆ 393.8322

Whitehorse Food Bank
306 Alexander Street, Whitehorse
✆ 393.2265

Alcohol and Drug Information and Referral Service (ADIRS)
Government of Yukon
✆ Toll-free
1.866.980.9099

Alcohol and Drug Prevention Counsellors
Government of Yukon
✆ 667.5780

Canadian Mental Health Association - Yukon Division (c/o the Yukon Anti-Proverty Coalition)
✆ 668.2886

Mental Illness Caregivers Support Group
✆ 667.8346

Council of Yukon First Nations
✆ 393.9200

Boys and Girls Club of Whitehorse
✆ 393.2824
For more information, please contact:

Council of Yukon First Nations
Health & Social Development Department
2166 Second Avenue
Whitehorse
☎ 393.9200

Funding for this publication provided by Health Canada.

The opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of Health Canada.