

Mental Wellness and Substance Use Services (MWSU)



A full continuum of seamless services to meet the diverse needs of Yukoners across their lifespan.

Withdrawal Management Services

Withdrawal management provides medically assisted substance withdrawal support 24/7, 365 days of the year.

- There are 14 adult beds and four youth beds.
- The unit is staffed with licenced practical nurses and unit care attendants. A nurse practitioner is on shift Monday to Friday.
- A social worker provides clients with transition support and counselling services as they prepare for discharge.
- Clients are admitted on a “drop-in” basis.
- Clients must be actively withdrawing or recently using substances.
- The Withdrawal Management Day program provides social work and transition support for clients who have recently accessed Withdrawal Management.

Counselling Services

Rapid Access Counselling - short-term, solution-focussed, one-on-one sessions are available to anyone wanting to speak with a counsellor.

- Sessions can be booked by calling MWSU main reception.
- Appointments are available within 72 hours.
- Clients may access Rapid Access Counselling appointments as often as required.

One-on-One - goal-focused (12 sessions) or long-term counselling.

- The counsellor provides screening, assessment and counselling support to clients for a wide range of substance use and mental health challenges.
- The counsellor works to collaborate for improved care with First Nation health care providers, physicians, nurses, community outreach services workers, social supports, probation or correctional supports, and psychiatrists.

456-3838

Toll free

1-866-456-3838

Fax

867- 667-8471

Referrals accepted from:

- health professionals;
- family and friends; and
- self-referral.



Ongoing drop-in groups | Registration is not required.
These groups occur weekly, time and location can be verified by calling MWSU main reception.

Foundations

Education and awareness sessions that provide introductory level information on topics related to mental health, substance use and wellness.

- focussed on education versus therapy or group process;
- topics currently include: change, cognitive behavioural therapy, emotions, relationships, self-care, and mindfulness; and

Recovery group

This group is an opportunity for individuals to share personal experiences in recovery and to learn from others' experiences. This group is open to anyone who believes that they can benefit and choose to attend. Abstinence goal is not necessary.

Alumni group

Continuing peer support group for clients who have completed a MWSU Intensive Treatment program.

These groups require a MWSU Intake and registration.

Surviving anxiety

7-session psychoeducational class offered to adult clients who experience symptoms of anxiety or who have a diagnosed anxiety disorder.

- Teaches how to use a variety of techniques to reduce anxiety.

Changeways for depression

7-session psychoeducational cognitive-behavioural therapy oriented group program.

- Provides clients with information and instruction in a variety of problem-solving and lifestyle management skills.

Flourishing

7-session psychoeducational class exploring the five elements that help a life flourish – enjoy life and cope with life's difficulties.

Dialectic Behavioural Therapy (DBT)

Skills training group focused on enhancing a person's capabilities by teaching them new behavioural skills to handle difficult thoughts, emotions, urges and problem behaviours.

- weekly sessions for 8 months;
- participants are required to complete homework assignments; and
- all participants must be working with a MWSU counsellor.

Trauma Information group

Provides an environment of safety and stabilization, to help participants understand their trauma symptoms and the impact trauma has had on their life, and how to initiate and maintain healthy coping and self-care.

- 10 weekly sessions; and
- participants must be working with a counsellor.

Intensive Treatment program

Substance use treatment and mental wellness support for those that require a live-in environment.

- 35-day program;
- clients attend individual and group sessions that focus on developing and supporting healthy life skills;
- an individualized treatment plan is developed to meet the needs of the client; and
- Treatment may vary depending on client needs.



Intensive Day program

Support clients to increase self-care and to reduce substance use by developing new, healthy skills and relationships for recovery.

- Includes group therapy, psycho-education workshops, art therapy activities and experiential programming in outdoor settings when possible.

Child, Youth and Family Treatment Team

Counselling

Rapid Access Counselling is available for parents, guardians and youth over age 12.

If counsellors and clients agree that more than three Rapid Access Counselling sessions are needed clients will be provided an ongoing counsellor.

Youth treatment

- multiple day or day programming;
- responsive – meeting the youth where they are and focusing on harm reduction and treatment;
- youth work with counsellors to develop a support plan; and
- four beds are available.

Youth outreach

Outreach workers connect with families, schools, non-profits and other organizations to support children and youth in the community.

Outreach workers regularly attend:

- Teen Parent Centre;
- Youth Achievement Centre;
- Gadzoosdaa Student Residence;
- Individual Learning Centre; and
- All secondary schools in Whitehorse.

Services provided include:

- one-on-one sessions with youth;
- psychoeducational presentations/ workshops/ groups to students and staff;
- school consultation and meetings; and
- advocacy for clients.

DBT Skill Based Therapeutic Program

- 7 weekly sessions;
- skills include: mindfulness, problem-solving, emotional regulation, interpersonal, distress tolerance; and
- clients must have a clinical counsellor.

Parenting/ Caregiver Workshop

- 8 hours total delivered in two or four sessions;
- focus on developing skills for building connection, guiding behaviour and managing big feelings; and
- for parents/caregivers of children being seen by a clinical counsellor or attending child and youth groups.

ADHD Caregiver Workshop

- Psychoeducational session;
- participants must have a child being seen by a clinical counsellor;
- provides education on ADHD and executive functioning skills; and
- assists in developing strategies for caregivers to support.

Child and Youth Groups

- 12 biweekly sessions;
- skills and strengths based therapeutic program;
- self-regulation, healthy communication, problem-solving skills, transitioning, cooperative play and life skills building.

Early Psychosis Intervention and Psychiatric Outreach

This multidisciplinary team provides assessment, treatment, case management and support to clients with severe and persistent mental illness such as schizophrenia or bipolar disorder.

Wrap around support is provided, including:

- medication assessment and monitoring;
- practical support for activities of daily living;
- psycho education for clients and families; and
- monitoring for decompensation.

Groups

Early Psychosis Intervention group

Tuesday, 10:30 a.m. to 3 p.m.

- open to Early Psychosis Intervention clients; and
- life skills support and development and brief psycho-educational sessions.

FUN

Fridays, 11 a.m. to 2:30 p.m.

- POP-EPI clients are brought together for fun, recreational activities while exposing them to community activities

Mental Wellness Transition Home

Apartment style living that provides a supported living environment for individuals with serious and persistent mental illness who require stabilization and support to regain their ability to live independently.

- substance-free environment; and
- MWSU Mental Health Nursing support provided to transition home clients.

Referred Care Clinic

A primary health care clinic designed to meet the needs of individuals who benefit from mental wellness and substance use supports not offered in traditional medical clinics.

- outreach nursing and supports;
- comprehensive collaborative care; and
- by referral only Monday to Friday, from 9 a.m. to 4 p.m.

Referrals from MWSU Nurse, Whitehorse General Hospital admitted patients by attending physician, and psychiatry assessed by lead physician and nurse practitioner.

Opioid Treatment Services Clinic

- wraparound services for the treatment of opioid use disorder;
- pharmaceutical treatment (Suboxone & methadone); and
- open Monday to Wednesday from 9 a.m. to 4 p.m.

No referral needed.



Opioid Overdose Prevention Coordinator (OOP-C)

Coordination and support of the take home naloxone kit program and harm reduction training and supplies.

- Services provided to individuals and organizations.

Forensic Complex Care Team

The Forensic Complex Care Team provides assessment, treatment and collaborative case management to youth and adults that are justice involved and require treatment for; complex mental health presentations, substance use and abuse, and other factors that contribute to their conflict with the criminal justice system. Trauma informed cognitive behavioral therapy is utilized on an individual and group basis in order to assist clients in reducing their risk for criminal re-offense. Clients are commonly referred via the Whitehorse Correctional Centre, the Adult Probation Service, Youth Justice and the Yukon Review Board.

Community Services Hubs

Services are available in all Yukon communities. A spectrum of MWSU staff reside in communities providing services to their hub and the surrounding communities. These services include programs for community members who are staying in their home community as well as pre and post support for individuals accessing Withdrawal Management Services and Intensive Treatment program in Whitehorse.

Staff in the communities include:

- Community Counsellors;
- Clinical Counsellors;
- Child, Youth and Family Clinical Counsellors;
- Mental Health Nurses; and
- Mental Health Support Workers.

Referrals can be made by contacting
MWSU main reception at
456-3838 or (toll free) 1-866-456-3838

Dawson City

Old Crow
Mayo
Stewart Crossing

Carmacks

Pelly Crossing
Faro
Ross River

Haines Junction

Carcross/ Tagish
Beaver Creek
Burwash Landing
Destruction Bay

Watson Lake

Teslin