

## ADDRESSING MENTAL HEALTH CRISIS FOR RURAL AND NORTHERN FIRST NATIONS YOUTH

### Introduction:

Effective March 11, 2020 the World Health Organization declared COVID-19 a pandemic. Manitoba identified its first COVID-19 positive case on March 12<sup>th</sup>. Shortly thereafter, First Nations communities within Manitoba began limiting access into or out of their communities to minimize risks of viral transmission. Considering these recent developments, the child and adolescent mental health system is prepared to introduce a new service delivery framework to address acute mental health needs within this population while minimizing risks of exposure to COVID-19.

Children and youth who present to their local nursing station or health center with a mental health crisis will have remote access to child and adolescent psychiatry to assess level of acuity and need for treatment in Winnipeg. For individuals assessed as not requiring further emergent psychiatric support, alternative follow up resources will be made accessible in a timely manner.

Follow up services will be determined based on the outcome of the virtual psychiatric assessment. Recommended interventions may include one or more of the following:

1. Redirections to regional crisis stabilization units
2. Activation of community-based services (e.g. local Child and Family services or Non-insured Health therapists, Jordan's Principle support, local RHA resources)
3. Urgent follow up support via the Rural and Northern Telehealth Service
4. Engagement with mobile crisis services available through local regional authorities as well as MKO

### Acute Tele-Psychiatry via Health Science Center

Emergency child and adolescent psychiatry consultation will be made available via telehealth up to seven days per week between 1200h and 15:30h (with one hour of time for paperwork and other administrative duties from 15:30 – 16:30) to provide emergent psychiatric assessments to children and youth who present in need of psychiatric consultation at their local nursing station or health center. This would be accessed by the physician or nurse calling to transfer the patient to Children's Hospital and when they call Children's Emergency Department during these hours they would be redirected to this service.

The aim of this assessment is twofold: to determine the nature of the patient's mental health concern and to determine if the patient meets the threshold that requires a medevac/emergent transportation to Children's Emergency.

Physicians assigned to telepsychiatry will be made aware of alternative resources should a determination be made that the patient's mental status and ongoing needs would be better suited to resources available through federal/provincial/regional or local levels.

#### **A. Federal Resources:**

- Primary Care Providers
- NIHB Mental Health Therapists
- MKO/KIM Resources

#### **B. Provincial Resources:**

- MATC: Rural and Northern Telehealth Service
- MATC Provincial Psychiatric Resources
- Regional Health Services:
- Child and Family Services

Please see appendix which outlines detailed descriptions regarding above resources.

## APPENDIX

### A. FEDERAL RESOURCES

<p><b>Primary Care providers (physician/nurse practitioners/registered nurses)</b></p> <ul style="list-style-type: none"> <li>• Required point of contact for youth experiencing mental health distress prior to consultation with HSC</li> <li>• Liaison with EMO and/or on call psychiatry prior to disposition</li> <li>• Nursing stations and health centers on reserve require disposition within 4 to 6 hours of receipt of patient.</li> </ul>	<p><b>Non-Insured Health Benefits (NIHB) Program Mental Health Therapists</b></p> <ul style="list-style-type: none"> <li>• Provide in community and/or virtual mental health support to First Nations members living in First Nations community or off reserve. In community schedule is available through local health center or nursing station personnel.</li> <li>• <b>Connect with Non-Insured Health Benefits for a Mental Health Therapist:</b> Tel: (204) 983-4571</li> <li>• Or visit the NIHB Mental Health Services, Nations and Inuit Health Branch, Indigenous Services Canada/Government of Canada:  <a href="mailto:sac.fnihbfnihmbrmentalhealth-santementalesprnirmbdgspni.isc@canada.ca">sac.fnihbfnihmbrmentalhealth-santementalesprnirmbdgspni.isc@canada.ca</a></li> </ul>
<p><b>Mobile Crisis Response Team/Manitoba Keewatinowi Okimakanak Inc. (MKO)</b></p> <p>The teams provide a wholistic, culturally sensitive and safe crisis response and trauma intervention to Manitoba's First Nations, as it relates to completed suicides, suicide attempts, homicide, multiple deaths, and traumatic events such as violent assault or serious events that impact many people. Each request for service will be assessed on a case-by-case basis to determine intervention to support the crisis experienced in the community through video conference or telephone.</p> <p><b>Services:</b> Manitoba First Nations and eligible status citizens living on or off reserve in Manitoba</p> <p><b>Connect with the Mobile Crisis Response Team:</b> 1-844-927-LIFE (5433)  Email: <a href="mailto:crisisresponse@mkonorth.com">crisisresponse@mkonorth.com</a></p>	

<p><b>Manitoba Keewatinowi Okimakanak (MKO) and Keewatinohk Minoayawin (KIM)</b>  MKO and KIM are collaborating with mental wellness services in Manitoba to support First Nations members during the COVID-19 global pandemic. A variety of community-based supports are available to augment or address mental health needs of youth including on-call crisis responses. These include:</p>	
<p><b>Dakota Ojibway Health Services</b>  An on-call service will be available during the COVID-19 pandemic via telephone and FaceTime. The on-call service is open to talk and debrief with the local health care providers and community members that are feeling isolated and distressed.  <b>1-833-600-0087</b></p> <p>Services six communities: Birdtail Sioux, Dakota Tipi, Long Plain, Roseau River, Sandy Bay, and Swan Lake</p> <p><b>Tara Myran</b> Tel: (204) 791-8305  Email: <a href="mailto:naysps@dotc.mb.ca">naysps@dotc.mb.ca</a>  <b>Karole Ducharme</b> Tel: (204) 770-4739  Email: <a href="mailto:jp-mww@dotc.mb.ca">jp-mww@dotc.mb.ca</a>  <b>Lindsay Taylor</b> Tel: (204) 226-9092  Email: <a href="mailto:wellness1@dotc.mb.ca">wellness1@dotc.mb.ca</a>  <b>Casey Paul</b> Tel: (204) 226-1185  Email: <a href="mailto:wellness2@dotc.mb.ca">wellness2@dotc.mb.ca</a></p>	<p><b>Opaskwayak Health Authority (OHA)</b>  Available since 2018, the OHA is based in Opaskwayak. The Mental Wellness Team consists of five counsellors, including OHA counsellors who are available via telephone to provide follow-up care with clients.</p> <p>New office hours during COVID-19:  Monday &amp; Tuesday 8:30 am – 6:00 pm  Wednesday – Friday 8:30am – 9:00pm  Saturday &amp; Sunday 10:00am – 9:00pm</p> <p>Services communities affiliated with Swampy Cree Tribal Council: Marcel Colomb, Mathias Colomb, Mosakahiken, Opaskwayak, Sapotaweyak, Misipawistik Cree Nation, and Wuskwi Sipiik</p> <p>Connect with the OHA Mental Wellness Team during office hours:  Tel: (204) 627-7410 Fax: (204) 623-3907 or  Sarah Linklater, Mental Health Manager  Tel: (204) 627-7426 Confidential fax: (204) 623-3907</p> <p><b>Connect with the Crisis Line after hours:</b>  Tel: (204) 623-0519</p>
<p><b>Interlake Reserves Tribal Council (IRTC)</b>  The mental wellness team will attend to community as needed.</p> <p><b>Services six communities:</b> Dauphin River, Kinonjeoshtegon, Lake Manitoba, Little Saskatchewan, Peguis, and Pinaymootang</p> <p><b>Connect with the IRTC Mental Wellness Team:</b></p> <p><b>Marcie Tavares</b> Tel: (204) 803-0700  Email: <a href="mailto:mtavares@irtc.ca">mtavares@irtc.ca</a></p> <p><b>Sheri Gould</b> Tel: (204) 302-0078  Email: <a href="mailto:sherigould@irtc.ca">sherigould@irtc.ca</a></p> <p><b>Treena McPherson</b> Tel: (204) 302-1344  Email: <a href="mailto:treenamcpherson@irtc.ca">treenamcpherson@irtc.ca</a></p>	<p><b>Southeast Resource Development Council (SERDC)</b></p> <p>The SERDC is in Winnipeg and has a team of nine staff that provide virtual support via telehealth, telephone or videoconferencing for counselling and therapy to youth who may experience feelings of stress, fear, and anxiety.</p> <p><b>Services eight communities:</b> Berens River, Black River, Bloodvein, Brokenhead Ojibway Nation, Hollow Water, Little Grand Rapids, Pauingassi, and Poplar River  Connect with the Mental Wellness Team Program</p> <p>Manager: <b>Carol McCorrister</b> Tel: (204) 956-7500 Fax: (204) 934-0374 Email: <a href="mailto:carolm@serdc.mb.ca">carolm@serdc.mb.ca</a></p>

<p><b>Keewatin Tribal Council (KTC)</b> During the COVID-19 pandemic, the Mental Wellness Team provides on-call crisis services seven days a week from 8:30 am to 4:30 pm, through telehealth, telephone, or teleconferencing. One-on-one counselling, family counselling, and therapy is available.</p> <p><b>Services eleven communities:</b> Barren Lands, Bunibonibee, Fox Lake, God's Lake, Manto-Sipi, Northlands, Sayisi Dene, Shamattawa, Tataskweyak, War Lake, and York Factory</p> <p><b>Connect with the Crisis On-Call:</b> Cell: (204) 307-1905 or (204) 307-0118</p> <p><b>Connect with the KTC Mental Wellness Team:</b> Tel: (204) 677-7410 Fax: (204) 677-0255</p> <p><b>John Spence</b> Tel: (204) 677-0257 Cell: (204) 679-1209 Email: <a href="mailto:jspence@ktc.ca">jspence@ktc.ca</a></p> <p><b>Echo Dumas</b> Tel: (204) 677-0265 Cell: (204) 307-6453 Email: <a href="mailto:edumas@ktc.ca">edumas@ktc.ca</a></p> <p><b>Mary Azure Laubmann</b> Tel: (204) 677-0268 Cell: (204) 307-8440 Email: <a href="mailto:mlaubmann@ktc.ca">mlaubmann@ktc.ca</a></p>	<p><b>Natawiwewak Medical Clinic (NMC)</b> NMC provides a range of mental wellness supports including clinical assessments, counselling, therapy, case management, and service coordination. During COVID-19, the NMC offices at the Health Centre and the Quest Inn will remain open and provide virtual support via telephone and Telehealth and will provide mental wellness services to partnering community members who have found themselves in Winnipeg and are requiring mental wellness services.</p> <p><b>Services four communities:</b> Bunibonibee, Chemawawin, God's Lake, and Manto Sipi</p> <p><b>Connect with the Mental Wellness Team:</b> Tel: (204) 417-8877 Fax: (204) 417-7744</p> <p><b>Amelia Clarke</b>, RSW, BSW (Gods Lake Cree Nation/Manto Sipi Cree Nation) Tel: (204) 670-1058 Email: <a href="mailto:aclarke@questhealth.ca">aclarke@questhealth.ca</a></p> <p><b>Corey Spence</b> RSW, BSW (Chemawawin Cree Nation) Tel: (431) 754-0929 Email: <a href="mailto:cspence@questhealth.ca">cspence@questhealth.ca</a></p> <p><b>Joy Koczka</b>, RSW, MSW, BSW, BA (Bunibonibee Cree Nation/Manto Sipi Cree Nation) Tel: (204) 229-5488 Email: <a href="mailto:jkoczka@questhealth.ca">jkoczka@questhealth.ca</a></p> <p><b>Ken MacKenzie</b>, RSW, MSW, BSW BA (Consulting Clinic Director) Tel: (204) 232-3033 Email: <a href="mailto:kmackenzie@questhealth.ca">kmackenzie@questhealth.ca</a></p> <p><b>Kirsty Muller</b>, RN,BN (Bunibonibee Cree Nation/Gods Lake Cree Nation) Tel: (204) 298-8142 Email: <a href="mailto:kmuller@questhealth.ca">kmuller@questhealth.ca</a></p>
<p><b>Traditional Healer Services</b> This team is working from home during COVID-19 providing culturally safe access to traditional health primarily by phone.</p> <p><b>Services:</b> Manitoba First Nations, eligible status citizens living on or off reserve <b>Program Manager:</b> Duke Beardy Tel: (204) 307-8192 Email: <a href="mailto:Duke.Beardy@mkonorth.com">Duke.Beardy@mkonorth.com</a></p>	

## **PROVINCIAL RESOURCES**

### **MATC - Rural and Northern Telehealth Service:**

Available Monday thru Friday 8:30am -4:30 pm to provide urgent as well as ongoing mental health therapy to children and youth including access to child and adolescent psychiatry via Telehealth, telephone or other virtual means. Referrals are accepted from health care providers and any other community service providers.

**Connect with RNTS Intake: 204-958-6267 or fax a referral to 204-958-6260**

### **MATC- Provincial Psychiatric Resources:**

Psychiatric support is provided to all regional health authorities via Telehealth or other virtual means via community mental health workers. The following outlines psychiatric support across the province.

<b>Psychiatrist</b>	<b>Regional responsibility</b>
<b>Ballegeer, Trevor</b>	Interlake Eastern Health Region Consultation
<b>Chaze, Brian</b>	Prairie Mountain Health Region/Telehealth
<b>Hall, Andrew</b>	Southern Health Authority/?
<b>Hosain, Shahid</b>	Interlake Eastern Health Region Consultation/Telehealth
<b>Koltek, Mark</b>	Northern Regional Health/Churchill/Telehealth
<b>Skinner, Jim</b>	Flin Flon/The Pas Telehealth Consultation

### **Regional Health Services**

#### **Prairie Mountain Regional Health Services:**

#### **Child and Adolescent Treatment Centre (CATC) Crisis Services**

The CATC CSU and 24 hours Crisis Line are available to those in other rural areas outside of Prairie Mountain Health.

CATC continues to accept crisis calls through the **24 hours Crisis Line at 1-866-403-5459**. Youth and/or families can call this line 24 hours a day regarding emotional, behavioural and mental health problems for their child,

Admissions to the Crisis Stabilization Unit for youth requiring it may still occur in accordance with all public health and Shared Health safety protocols. Virtual Admissions are also available for those who may require it, where the standard level of care at our CSU may be delivered via virtual means while the youth remains home with their family or caregivers.

If you would like to inquire about any type of admission to the CSU call **1-866-403-5459**, and someone will be able to assist you.

### **Child and Adolescent Community Mental Health Services**

Intake workers and CMHWs are located across our region and continue to provide assessment, treatment and monitoring primarily via virtual means. If you would like more information, or to **make a referral for any of our programs, contact us at 1-866-403-5459** to be connected to the most suitable service.

### **Interlake-Eastern Regional Health Services**

24-hour Crisis Line: 1-866-427-8628/204-482-5419

Mobile Crisis Team for youth;

Intake Referral Line 7 days/week 0830-2400hrs, 1-877-499-8770/204-482-5376

Assessments in-person or virtual Monday-Friday 1330-2130hrs

Crisis Stabilization Unit

Available to youth 15 years of age and older who are experiencing a mental health or psychosocial crisis.

### **Northern Regional Health Services:**

#### **Northern Crisis Services for Youth**

Mobile crisis services are accessible noon to midnight seven days a week to provide a range of services and supports to youth and their families experiencing mental health distress.

**Toll Free 1-866-242 1571**

#### **Hope North Recovery Center for Youth**

Provides short term residential stabilization services that includes assessment and ongoing support, follow up planning and care for individuals experiencing a mental health or psychosocial crisis. The mobile crisis team is the point of entry to this service.

#### **Community Mental Health Services**

Community mental health workers are available throughout the region to provide mental health support to youth off reserve. Intake referral services are available:

Thompson – 204-677-5350

Flin Flon – 204-687-1350

The Pas - 204-623-9650

## Additional Resources:

<p><b><u>Local Emergency Services &amp; Help Lines</u></b></p> <p><i>If experiencing a life-threatening crisis, please contact your local emergency services (911) or RCMP detachment.</i></p>	
<p><b>Manitoba Suicide Prevention and Support Line: Reason to Live</b></p> <p>The <b>Manitoba Suicide Prevention and Support</b> line is a toll-free, confidential, and a 24-hour crisis line run by trained counsellors from the Clinic Community Health Centre. It provides immediate support and service to those struggling with suicidal thoughts or feelings, or to those concerned about a friend's mental wellness and/or safety, and to family member impacted by a suicide loss or suicide attempt. Our counsellors understand that many people struggle with suicidal thoughts or behaviours.</p> <p><b>Toll Free Prevention and Support Line: 1-877-435-7170</b></p>	<p><b>First Nations and Inuit Hope for Wellness</b></p> <p>Crisis support line available 24/7 for those experiencing emotional distress and want to talk.</p> <p><b>Toll Free Hope for Wellness Help Line: 1-855-242-3310</b></p>
<p><b>Kids Help Line</b></p> <ul style="list-style-type: none"> <li>Provides a 24/7 national support service via phone or text <b>Toll Free: 1-800-668-6868</b> <b>Text CONNECT to 686868</b></li> </ul>	