



Newfoundland Aboriginal Women's Network

Continuity of Care - Resource Guide, Justice Programs and Services

Realigning Our Circle: Paving the way to Resiliency

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Who Is This Resource Guide For?

If you have been charged with a crime, have been incarcerated and are being released into the community or anyone who is involved in the criminal justice system, this booklet is for you. This booklet provides valuable information on resources that you can access to be better prepared for release and make stronger connections to community-based service providers.

Project Title:

Realigning Our Circle: Paving the way to Resiliency

Published By:

Newfoundland Aboriginal Women's Network (NAWN)

90 Main Street, Stephenville, NL A2N 1J3

Telephone: (709) 643-4563

Email: nawn@nf.aibn.com

Website: nawn-nf.com

Funded By: Women and Gender Equality Canada (WAGE)

Statistics:

According to Statistics Canada, in 2018/2019, Indigenous adults accounted for 31% of admissions to provincial/territorial custody and 29% of admissions to federal custody, while representing just 4.5% of the Canadian adult population¹.

In the provinces and territories, in 2018/2019, Indigenous females accounted for 42% of female custody admissions, while Indigenous males accounted for 28% of male custody admissions².

In federal corrections, Indigenous males accounted for 29% of male admissions to custody, whereas Indigenous females represented 41% of female admissions to custody.³

¹ <https://www150.statcan.gc.ca/n1/pub/85-002-x/2020001/article/00016-eng.htm>

² <https://www150.statcan.gc.ca/n1/pub/85-002-x/2020001/article/00016-eng.htm>

³ <https://www150.statcan.gc.ca/n1/pub/85-002-x/2020001/article/00016-eng.htm>

JOHN HOWARD SOCIETY NL

Address: 342 Pennywell Road
St. John's, NL, A1E 1V9
Tel: 709-726-5500
Facebook: JohnHowardSociety
Twitter: @JohnHowardNL

Mandate

To reduce crime by providing opportunities for the rehabilitation of offenders and advocating reform through successful program interventions; public education; crime prevention strategies; and restorative justice principles.

Target Population

Men, women and youth involved in the criminal justice system or those who may be at risk.

Highlights of Programs/Services Offered

Residential Services

Howard House

A 16 bed community residential centre for adult male offenders on day parole, full parole, statutory release, a temporary absence, or a probation order. (St. John's). They accept referrals from Correctional Services of Canada and the provincial Department of Justice. All residents have to go

through a review process by an admissions committee in order to be accepted for residency.

West Bridge House

A 14 co-ed community residential facility for adult offenders released on day parole, full parole, statutory release, temporary release or a probation order (Stephenville). They accept referrals from Correctional Services of Canada and the Provincial Department of Justice. All residents have to go through a review process by an admissions committee in order to be accepted for residency.

Garrison Place

Provides permanent supported housing to both male and female adults (St. John's). Referrals come through Coordinated Access with End Homelessness St. John's.

Home For Youth

The Home for Youth (HFY) is a four-bed gender diverse Open Custody home that provides 24-hour care to youth age 12 to 17 who are sentenced under the Youth Criminal Justice Act (YCJA). All referrals to the HFY come from the Department of Children, Seniors and Social Development (CSSD).

Loretta Bartlett Home for Youth

The Loretta Bartlett Home for Youth is a gender diverse six bed facility for youth. The youth are sentenced to a period of Open Custody by the Youth Court and/or the Zone Manager of the Department of Children, Seniors and Social Development and can have a young person placed on an Order to Reside Designation. Youth are provided a supportive, non-institutional environment and are encouraged to access educational programs, psychological, medical and other professional services that are available within the community.

Institutional Support Line

John Howard Society of Newfoundland and Labrador has a support line available to inmates, their families, correctional staff and community members to ask questions about the criminal justice system, community supports and resources. The support line can be reached at 877-726-5541.

Employment/Training Services

Next Steps

Employment Services

Provides support to individuals who are looking to make positive changes in their lives. Employment practitioners will assist participants with resume building, job interview skills, educational and employment opportunities, as well as helping with other community referrals.

Community Based Maintenance Program

A continuous intake program (up to 12 weekly sessions) for federal offenders. This program is designed to help develop and improve self-management skills by concentrating on five personal targeted risk areas developed by the offender.

Employment Programs

Linkages, Upskills, In Motion and Momentum+ and Training Courses are programs offered through Employment Services.

Net-Work Program

A new virtual pre-employment program offered exclusively by the John Howard Society of NL to residents of NL who are income support recipients and eager to re-join the labour force in the near future. (St. John's)

Record Suspension Support

A record suspension (formerly pardon), allows people who were convicted of a criminal offence, but have completed their sentence and demonstrated they are law-abiding citizens for a prescribed number of years, to have their criminal record kept separate and apart from other criminal records. Employment practitioners are available to assist individuals through each step of the process.

Interventions

Learning Resource Program (LRP) in St. John's and the Community Based Intervention Program (CBIP) in Stephenville comprises of seven intervention programs that are delivered in both group and individual formats. The programs are designed to support participants in taking responsibility for their actions and decisions, and educate participants on coping strategies for responding to challenges.

The goal of LRP and CBIP is to reduce recidivism rates by concentrating on the individual criminogenic needs of participants.

LRP and CBIP offer the following programs:

- Anger Solutions
- Criminal Behaviour Awareness
- Dad's Program

- Impaired Driving Workshops
- Pathways to Acceptance and Recovery (PAR) – Programming for individuals who have a history of sex offences
- Safety and Repair (an intimate partner violence program)
- Seeking Safety (a recovery program for addictions and trauma)

Prison Services

Annual Family Prison Visit

Selected families from various locations in Newfoundland and Labrador will visit inmates serving sentences in Federal Institutions in the Maritimes. Provides transportation and accommodations for families of Newfoundland inmates.

1-2-1 Prison Visitation Program

Offers support to prisoners during, and after their imprisonment through contact with “friendship volunteers” from outside H.M.P. This is on a one-to-one basis.

Prison Library Program

The library at H.M.P. is staffed and operated by John Howard Society volunteers. Inmates have regular access to library resources.

PUBLIC EDUCATION AND ADVOCACY

Resources

Horizons Program – Stephenville/Bay St. George Area

The goal of the Horizons program is to provide valuable assistance towards the rehabilitation of persons involved with the criminal justice system and contribute to the likelihood of a positive transition back into the workforce.

Following participant selection, a four-week orientation training takes place to help prepare participants for their employment placements.

Orientation includes:

- employability skills
- resume writing
- interview skills
- employer expectation
- First Aid training
- WHMIS
- Introduction in Occupational Health and Safety.

Following Orientation , each person participates in a 910 working hour employment placement.

Contact

Leanda Morris, Employment Practitioner

Tel: 709-643-1027

E-mail: lmorris@jhsnl.ca

Scholarship Available

If you have had contact with the criminal justice system and would like to return to school, you may be eligible to receive the annual Terry M. Carlson Scholarship Award. For more information, please contact the John Howard Society at info@jhsnl.ca

FIND AN OFFICE NEAR YOU

JHSNL Provincial Headquarters

342 Pennywell Rd.

St. John's, NL

A1E 1V9

Tel: 709-726-5500

Fax: 709-726-5509

Email: info@jhsnl.ca

JHSNL Stephenville

141 – 147 Main St.

Suite 8

Stephenville, NL

A2N 1J5

Tel: 709-643-5894

Fax: 709-643-9160

JHSNL Corner Brook

278 Curling Street,

Corner Brook, NL

A2H 3J7

Tel: 709-785-7652

Fax: 709-785-2927

Email: dpenney@jhsnl.ca

JUST US WOMEN'S CENTRE (Stella's Circle)

The Just Us Women's Centre provides counselling and support to women over the age of 18 who have been in conflict with the law. They offer individual counselling, peer support, and group services including addictions counselling, trauma groups, and anger management groups. They support women through the legal process, help them navigate housing and employment, and advocate for them as required.

Just Us Women's Centre also offer services at the Newfoundland and Labrador Correctional Centre for Women in Clarenville by offering group and individual sessions, assistance with planning for release into their communities, and other support as requested. They accept self-referrals or referrals from others including correctional supervision programs, court programs, health care providers, and agencies that provide services to women.

Referral Form:

[http://stellascircle.ca/wp-content/uploads/2016/03/Just Us Referral Form11-2012.pdf](http://stellascircle.ca/wp-content/uploads/2016/03/Just_Us_Referral_Form11-2012.pdf)

Just Us Women's Centre

142 Military Rd., St. John's, NL, A1C 2E6

Tel: 709-738-0658 | 877-738-4256

Fax: 709-754-1521 Email: justus@stellascircle.ca

SALVATION ARMY CORRECTIONAL AND JUSTICE SERVICES

18 Springdale Street St. John's NL, A1E 2R1

Tel: 709-237-0059

Fax: 709-221-4333

Email: ross.grandy@salvationarmy.ca

Website: salvationarmy.ca/what-we-do/in-your-community/social-services/prison/

Mandate

To extend caring and compassion; support and practical assistance to everyone who willingly or unwillingly comes in conflict with the law (within the criminal justice system) regardless of age, color, gender orientation or religious affiliation.

Target Population

All ages, male and female

Highlights of Programs/Services offered

- Pastoral care, support/counseling, including visitation to families upon request
- Professional programs offered to assist female inmates – Post release support offered as requested
- Communities: referrals to professionals/organizations having resources to meet individual specific needs, i.e.: food, clothing, housing, lawyers, counseling, etc.

- Court: placement and supervision provided for offender community service hours, as ordered by court, probation officer or self-referrals accepted
- Volunteer Program
- Pre and post-release male offender re-integration programs
- Critical incident stress management intervention
- Suicide intervention
- Electronic surveillance
- Compulsive shoplifting
- Addictions
- John school
- Positive lifestyle
- Court house support
- Anger management
- Healthy choices
- Community reintegration support
- Client specific and family counselling

STATUS OF WOMEN COUNCILS (FORMALLY CALLED WOMEN CENTRES)

There are 8 Status of Women Councils in the province. Their staff and volunteers can provide you with support and information. They can also help you navigate other services, such as housing, income support, employment programs, counselling, schools, and many others.

St. John's

St. John's Status of Women Council and Women's Centre

170 Cashin Avenue Extension

St. John's, NL A1E 3B6

Tel: 709-753-0220

Fax: 709-753-3817

Email: info@margueritesplace.ca

Website: margueritesplace.ca

Happy Valley-Goose Bay

Mokami Status of Women Council

Glenn Plaza - Hamilton River Road

P.O. Box 329, St. B

Happy Valley - Goose Bay, NL A0P 1E0

Tel: 709-896-3484 Fax: 709-896-3472

Email: mokamiwomen@nf.aibn.com

Stephenville

Bay St. George Status of Women Council
54 St. Clare Avenue
Stephenville, NL A2N 3B4
Tel: 709-643-4444
Fax: 709-643-4707
Email: admin@bsgwomenscentre.com

Corner Brook

Corner Brook Status of Women Council
2 Carmen Avenue, P.O. Box 373
Corner Brook, NL A2H 6E3
Tel: 709-639-8522
Fax: 709-639-1093
Email: cbwomenscentre@gmail.com
Website: cbwomenscentre.com

Gander

Gander Status of Women Council
61 Elizabeth Drive, 1st Floor Polaris Building
Gander, NL A1V 1G4
Tel: 709-256-4395
Fax: 709-256-7767
Email: women.gander@nf.aibn.com

Port-aux-Basques

Gateway Status of Women Council
4 Anderson's Lane, P.O. Box 1359
Port Aux Basques, NL A0M 1C0
Tel: 709-695-7505 Fax: 709-695-9756
Email: gswc@nf.aibn.com

Labrador City/Wabush

Labrador West Status of Women Council

P.O. Box 171

Labrador City, NL A2V 2K5

Tel: 709-944-6562

Fax: 709-944-4078

Email: lsw@crrstv.net

Grand Falls-Windsor

Status of Women Central

11 Hardy Avenue

Grand Falls-Windsor, NL A2A 2P8

Tel: 709-489-8919

Fax: 709-489-8919

Email: women@nfld.net

NorPen Status of Women Council

212 Main Street

PO Box 48

Port Saunders, NL A0K 4H0

Tel: 709-861-4842

Fax: 709-861-3836

Email: executivedirector.npswc@gmail.com

Website: norpenstatusofwomen.ca

HOUSING

Rental Housing Program (Newfoundland and Labrador Housing Corporation – NLHC)

Through the Rental Housing Program we help households with low income that cannot obtain suitable and affordable rental housing on the private market.

You may be able to access low-income rental housing if:

- your total household income falls within certain income levels;
- your present housing is adequate but you pay more than 30 per cent of your total household income towards rent and heat;
- your present housing is unsuitable, you pay less than 30 per cent of your total household income – for rent; however, suitable housing in your area would cost 30 per cent or more of your total household income.

Where do you go to find low-income rental housing?

Rental housing is provided directly by Newfoundland and Labrador Housing Corporation (NLHC). Province-wide, the corporation rents housing to families with low income, seniors, non-elderly single people, Indigenous people, individuals with disabilities and others in need of housing.

NLHC also works with groups that agree to provide housing for households with low income. The NLHC office nearest you can provide you with a list of groups in your area that offer non-profit housing.

Rents paid by tenants in non-profit housing are based on their income. For tenants whose rent is not paid through Income Support, rent will be based on 25 per cent of the total net monthly income. Federal and provincial subsidies make up the difference.

* Note: program is cost-shared between provincial and federal governments.

For further information about the Rental Housing Program, please contact staff at the regional office nearest you:

Avalon Regional Office: 709-724-3197

Corner Brook: 709-639-5201

Gander: 709-256-1300

Goose Bay: 709-896-1920

Grand Falls-Windsor: 709-292-1000

Marystown: 709-279-5375

Stephenville: 709-643-6826

Supportive Living Program (SLP)

Homelessness is often the result of many contributing factors. Operating grants provided to eligible non-profit agencies by the Supportive Living Program are intended to prevent and end homelessness through a “Housing First” approach whereby individuals are housed, with minimal conditions, and provided individualized supports to foster long-term housing stability.

Happy Vally-Goose Bay

HV-GB Labrador West Housing and Homelessness Coalition
Jackie Compton Hobbs – Adult Probation Officer II
P.O. Box 3014, Station B, Happy-Valley-Goose Bay, NL
Tel: 709-896-7926
jackiecompton@gov.nl.ca

Clareville

Regional Action Committee on Housing – REACH
8B Thompson Street, Clareville, NL, A5A 1Y9
Jodean Jefford – Victim Services (Co-Chair)
Tracy Fleming – Violence Prevention Initiative (Co-Chair)
Tel: 709-466-3225
Jodeanjefford@gov.nl.ca
ercav@gov.nl.ca

Carbonear

Tri-Con Community Advisory Board
Lorraine Brown – Executive Director
Mariner Resource Opportunities Network Inc. (MRON)
P.O. Box 520
22 Goff Avenue
Carbonear, NL A1Y 1B9
Tel: 709- 596-6217 ext. 202 F: 709)-596-4473
lorrainebrown@mron.ca

Labrador West

Labrador West Housing and Homelessness Coalition
Noreen Careen
P.O. Box 172,
Labrador City, NL A2V 2K5
Tel: 709- 944-6562
careen@crrstv.net

Coast of Bays

Coast of Bays Community Advisory Board
Trina Mercer – Primary Health Care Facilitator
Coast of Bays region
P.O. Box 70
Harbour Breton, NL A0H 1P0
Tel: 709- 885-3230
Trina.Mercer@centralhealth.nl.ca

Placentia

Placentia-Cape Shore Region Community Advisory Board

Priscilla Corcoran Mooney, MSW, RSW

Primary Health Care – Rural Avalon

P.O. Box 480

Placentia Health Centre

Placentia, NL A0B 2Y0

Tel: 227-4140 F: 227-5476

priscilla.corcoranmooney@easternhealth.ca

Corner Brook

Community Coalition on Housing & Homelessness

Jade Kearley – Interagency Coordinator

Community Mental Health Initiative Inc.

133 Riverside Drive

Corner Brook, NL A2H 6J8

Tel: 709- 634-4117

cmhi.iac@gmail.com

St. John's

End Homelessness St. John's

Bruce Pearce – Community Development

Tel: 709-689-9615

bpearce@nl.rogers.com

www.nlhhn.org/ehsj.htm

Gander

Gander and Area Community Advisory Board
Joanne Power – Client Service Manager
Department of Advanced Education, Skills and Labour
Government of Newfoundland and Labrador
P.O. Box 2222
Gander, NL A1V 2N9
Tel: 709- 256-1264
joannepower@gov.nl.ca

Stephenville

Southwestern Housing Stability Initiative
Bernice Hancock – Executive Director
Community Education Network
P.O. Box 421,
Stephenville, NL A2N 2Z5
Ph: 709-643-4891 F: 709-643-5490
bhancock.cen@gmail.com

ADULT BASIC EDUCATION (ABE)

Non-profit community-based organizations currently funded through the Department of Education include:

Community Education Network

Offers ABE Level I classroom in Stephenville, and ABE Level I online in the Port Saunders area.

P. O. Box 421
L. S. Eddy Memorial Complex
31 Gallant Street
Stephenville, NL A2N 2Z5
Tel: 709-643-4891
Fax: 709-643-5490
Email: cen.adultbasiceducation@gmail.com

Laubach Learning Centre

Burin Peninsula Laubach Literacy Council
P. O. Box 505
Creston Boulevard
Creston, NL A0E 1K0
Tel: 1-709-279-1176
Toll Free: 1-877-779-7323
Fax: 1-709-279-1176
Email: bpllc@nf.aibn.com

Rabbittown Learners Program

21 Merrymeeting Road

Mailing Address

P.O. Box 23022, Churchill Square

St. John's, NL A1B 4J9

Tel: 709-579-6033

Fax: 709-579-8738

Email: rtlp@nf.aibn.com

Stella's Circle ABE

New Beginnings

53 Bond Street

St. John's, NL A1C 1S9

Tel: 709-579-1181

Fax: 709-579-7855

Email: j.leemiddleman@stellascircle.ca

www.stellascircle.ca

Tourism Bell Island Inc.

ABE Levels I, II and III

2 Road, West Mines

P. O. Box 279, West Mines

Bell Island, NL A0A 4H0

Tel: 709-488-2411

Email: tourismbellisland@gmail.com

Blog: tourismbellisland.com

MENTAL HEALTH SUPPORTS - BAY ST. GEORGE

Newfoundland Aboriginal Women's Network (NAWN)

Mental Health Counsellors

LeeAnn – 709-643-1223 or email: leeann.nawn@gmail.com

Suzanne – 709-643-1266 or email: suzannebk.nawn@gmail.com

Mental Health and Addictions

27 Montana Drive

709-643-8270

Doorways

709-643-8740

Lifewise Mental Health Peer Services

106-108 Corolina Drive, Suite 1

709-643-4361

Email: brotchford@lifewisenl.ca

Bay St. George Status of Women Council

Kiersten Harnett - Mental Health Counsellor

709-643-4444

Email: wellness.bsgswc@gmail.com

Counselling Options

DoorWays

Single session, walk-in counselling service:

- Available to youth and adults without an appointment or referral
- A health care professional will meet with you and discuss your concerns on a first-come, first-serve basis.
- DoorWays provides information and support focused on your need. Some examples of what you may want to discuss are: family, health, grief, work, relationships, stress, anxiety, depression, drinking or drug use.
- DoorWays is not an emergency service. In an emergency, call 911 or 811 to speak with a Healthline Nurse, or proceed to the nearest emergency department.

To find DoorWays in your area:

Call 811 and a Healthline nurse will provide you with a location near you.

Community Counsellors

Counsellors are available to support individuals who have mental health or substance use concerns as well as family/friends who are affected. If you are experiencing concerns related to any of the following:

- Alcohol and drugs
- Anxiety and stress
- Mental illness
- Relationships
- Smoking
- Gender and identity
- Eating disorders
- Fear and phobias
- Grief and loss
- Depression
- Parenting
- Sexual, physical and emotional abuse
- Suicide
- Anger
- Family issues
- Gambling
- Any other concern that is affecting your mental health and wellbeing

To find a counsellor near you:

- Visit www.bridgethegapp.ca
- Call 811 and a Healthline nurse will provide you with a contact number.

EATING DISORDER COUNSELLING

Healthy Opportunities for People with Eating Disorders (HOPE)

The Hope Program is for those who are 15+ (and their families) and have been diagnosed with anorexia nervosa, bulimia nervosa or other specified feeding and eating disorder. HOPE is available to anyone in the province by phone and also at the Renata Elizabeth Withers Centre for Hope on Major's Path in St. John's. HOPE provides a trusting, supportive environment.

HOPE Program Adult Eating Disorder Referral for Assessment

Tel: 709-777-2041

Talk to a physician or health care provider. If the Hope Program is the best option for you, they can make a referral.

HELPLINES AND NAVIGATOR

HealthLine 811

811 HealthLine nurses are available 24/7 to listen, provide support, and connect you to health services in your area. If you are experiencing a mental health and addictions crisis, need support, or are looking for health information, call 811.

Mental Health and Addictions Systems Navigator

Are you having difficulty navigating the system or connecting with a service? Our Navigator is a central point of contact for individuals, family members and stakeholders throughout the province to:

- Problem solve so you can figure out next steps
- Consider options and find the right mental health or addiction service
- Get help in making connections

Call 752-3916 or 1-877-999-7589 (toll free); VRS calls are welcome

Email: barry.hewitt@easternhealth.ca

Provincial Lifewise Warmline

Need someone to talk to? The Provincial Lifewise Warmline offers non-emergency, non-crisis telephone support for people in the province who are living with mental health issues. Trained peer supporters are non-judgmental and have firsthand knowledge; “We understand because we’ve been there”.

Toll free: 1-855-753-2560

Tel: 709-753-2560

Lines are open 9:00 a.m. to 12:00 a.m. daily

Gambling Help Line 811

The Gambling Help Line is a free, confidential service available province-wide, 24 hours a day. If you or a family member has a gambling concern, please call for information and support.

Smokers' Helpline

The Smokers' Helpline is a free, confidential service providing information, resources, support and motivational counselling while you are working toward being smoke free. Connect by phone, text, email or Live Chat.

To get started, please call or go online at:

Website: smokershelp.net/

Toll free: 1-800-363-5864

First Nations & Inuit Hope for Wellness Help Line 855-242-3310

The Help Line provides immediate culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day.

Sexual Assault Crisis Hotline

Available 24 hours a day, 7 days a week

Toll free: 1-800-726-2743

OPIOID USE DISORDER TREATMENT

Opioid Agonist Treatment (OAT) is also known as medication-assisted treatment. It involves the use of prescribed medications such as Suboxone® or methadone to treat opioid addiction to decrease withdrawal and help with cravings.

Opioid agonist treatment is evidence-based, recommended treatment for opioid use disorder.

OAT is the best predictor of improved outcomes for people with opioid addiction.

Opioid dependence treatment is available to you and your family. Research and experience tells us that most people cannot just walk away from opioid addiction. Medication-assisted treatment can help individuals to 'feel normal again' and live healthy lives by controlling withdrawal and cravings. Suboxone or methadone is started and maintained under medical supervision. Counselling, education, other supports and follow-up are also important and available.

Services available may include:

- Ongoing support and monitoring (e.g. prescription management, medical follow up, urine testing, counselling and treatment planning)
- Health, safety and risk reduction teaching and management
- Links to community pharmacists
- Links to other addictions treatment services
- Links to social and health supports
- Services are voluntary and confidential

Where can I get help?

Contact the provincial Opioid Dependence Treatment (ODT) phone line at toll-free 844-752-3588 from Monday to Friday, 8:30 a.m. to 4:30 p.m.

This line is to help individuals navigate the system and connect with support and services. This line is for those seeking support for their opiate use, for family members, and for health-care providers. Video Relay Service (VRS) calls are welcome.

As a part of Towards Recovery: The Mental Health and Addictions Action Plan for Newfoundland and Labrador, a provincial Hub and Spoke model for Opioid Dependence Treatment (ODT) was developed and implemented across our province. The goal is to deliver rapid access to evidence-informed, comprehensive and coordinated ODT services throughout Newfoundland and Labrador. You can contact the regional

ODT Hubs. These hubs provide rapid access to treatment, including Suboxone and Methadone, and are also available to support community-based physicians, nurse practitioners, pharmacists, and counsellors.

St. John's

Building 532
80 Charter Avenue
(Pleasantville)
709-752-4478

Corner Brook

35 Boones Road
709-634-4506

Stephenville

127 Montana Drive
709-643-8740

Gander

McCurdy Complex
1 Markham Place
709-256-1356

Happy Valley-Goose Bay

227 Hamilton River Rd
709-897-2125

REHABILITATION CENTRES

Charles J. Andrew Youth Treatment Centre

The Charles J Andrew Youth Treatment Centre opened in 2000 in response to a crisis of gas-sniffing and suicides among Innu youth in Sheshatshiu, Labrador. The Centre is a ten-bed residential youth healing Centre for female and male youth between the ages of 11-17 and serves Innu, Inuit, and First Nations youth from Atlantic Canada and across

Canada. The main goal of the 16-week program is to assist adolescents in regaining their self confidence through an addiction's treatment program designed to help them become healthy independent adults. The Centres mission is to empower Aboriginal youth by providing a holistic healing treatment program, which strengthens and renews Aboriginal culture, practices, beliefs and values of respect, trust, sharing, acceptance and cooperation.

Specialties

- Substance abuse treatment
- Residential drug rehab
- Outpatient drug rehab

Therapies

- Holistic therapy
- Evidence-based practices
- Yoga and meditation
- Individual therapy and counseling
- Family therapy and counseling
- Group therapy and counseling
- Nutritional counseling
- Art and nature therapy

Website: cjay.org/home/how-to-apply.htm

The Grace Centre

The Grace Centre is a provincial inpatient addictions treatment centre for adults aged 18 years and older. It is a voluntary program for individuals who require a more intensive and structured program.

The Grace Centre program is a 28-day treatment service that is holistic in nature and addresses physical, social, psychological and spiritual needs through individual, group and family counselling. An extended stay may be available for extenuating circumstances. The program encompasses psychoeducational, therapeutic and recreational groups with individual follow-up available based on client need.

The program incorporates concepts of cognitive behavioural therapy, dialectic behavioural therapy, motivational interviewing and contingency management. The overall goal of the program is to help clients reduce the risk of relapse while managing their recovery through achieving healthy, balanced lifestyles.

Who they see

Adults who stay at the Grace Centre may come from diverse backgrounds and be challenged with an array of complex addiction issues. This would include individuals with co-occurring medical and/or psychiatric conditions that are stable but may require monitoring.

Most people go to counselling or other programs first, but if you feel that you need residential services, ask your physician, nurse or counsellor about the Grace Centre. They can assist with a referral (PDF) if the Grace Centre is right for you.

How to access this service

Referrals for admission are required from qualified health professionals.

Referrals must be forwarded to their provincial intake coordinator who will process adult referrals for both the Grace Centre and the Humberwood Centre in Corner Brook. This one-point entry will provide a seamless referral process and ensure that the client is matched with the program best suited.

The application process requires a completed [referral application form \(PDF\)](#) and a [medical assessment form \(PDF\)](#).

<https://mha.easternhealth.ca/wp-content/uploads/sites/7/2020/10/ch-1390-Adult-Addictions-Inpatient-Treatment-Referral-Application-Fill....pdf>

<https://mha.easternhealth.ca/wp-content/uploads/sites/7/2020/05/Adult-Addictions-Inpatient-Treatment-Medical-Assessment-Form.pdf>

Both documents must be completed in full and forwarded to the following address:

Intake Coordinator
P.O. Box 2005
35 Boones Road
Corner Brook, NL
A2H 6J7

The Grace Centre
50 Lady Lake Rd
Harbour Grace, NL
A0A 2M0
Tel: 709-945-4500

Hours of operation: Open 24 hours a day, seven days a week.

Humberwood Treatment Centre

Humberwood Centre offers a program of recovery and personal growth to residents of Newfoundland and Labrador. Located in the city of Corner Brook on the province's west coast of the island, the Centre offers a small, intimate setting where clients receive attention and a flexible, individualized program to meet their needs. The Centre opened in 1990 and has many years of experience treating people with addictions to alcohol, drugs and/or gambling.

Highlights:

- Modern Facility
- Residential care
- Withdrawal management beds
- Private rooms

- Treating alcohol, drug and gambling addictions
- Wellness approach to treatment
- For individuals and families
- Client confidentiality
- 24-hour support
- No fee for Newfoundland and Labrador health card holders (MCP)
- Services are free of charge to individuals age 19 and older who are experiencing substance abuse or gambling problems
- It is a voluntary program open to individuals who are in the middle to late stages of addiction and require a more intensive, structured program than can be provided on an outpatient basis.
- Ten private bedrooms/bathrooms provide personal space. The Centre also has a lounge, kitchen, dining room, relaxation room, whirlpool tubs, a fitness room, and a private outdoor recreational/relaxation area.
- The treatment program is three to four weeks and provides individuals with a supportive residence while attending the program and working towards their treatment goals. Some individuals require a longer period of residential treatment. The option of extended stay is presented to individuals if the treatment team believes that it would benefit them and increase their potential for recovery success upon discharge.

For further information, or to make a referral to the Humberwood Centre, please contact your local Addiction Services office.

Regional Addiction Services Offices

Eastern Health

Bay Roberts 709-786-5219
Burin 709-891-5030
Clarenville 709-466-5700
Harbour Grace 709-945-6512
St. John's 709-777-5074
Whitbourne 709-759-3362

Central Health

Baie Verte 709-532-5271
Brookfield 709-536-1137
Gander 709-256-5438
Grand Falls-Windsor
709-489-8841
Lewisporte 709-535-0906
Springdale 709-673-4974
St. Albans 709-538-3738
Twillingate 709-884-1370

Western Health

Burgeo 709-886-2185
Corner Brook 709-634-4506
Deer Lake 709-635-7830
Norris Point/Cow Head
709-458-2381, Ext. 266
Port Saunders 709-861-9125
Stephenville 709-643-8740

Labrador/Grenfell Health

Happy Valley-Goose Bay
709-897-2343
Labrador City 709-285-8251
Port Hope Simpson
709-960-0271, Ext. 230
St. Anthony 709-454-0262

NEWFOUNDLAND ABORIGINAL WOMEN'S NETWORK (NAWN)

I am STRONG “Melkiknay” is a project with the Newfoundland Aboriginal Women's Network.

The Indigenous Community Navigator (ICN) will work to assist Indigenous and non-Indigenous peoples on the island portion of the province facing homelessness and help connect them to the supports they need.

Our Indigenous Community Navigator (ICN) will work to assist clients in navigating the current Federal, Provincial and Community programs and services related to homelessness, mental health support, gaining employment, and education opportunities.

Some of the Supports that the ICN will assist clients with are:

- Housing support
- Mental health and addictions
- Education opportunities
- Employment programs

If you, or someone you know can avail of NAWN's services, please reach out.

Brenda Dennis

Indigenous Community Navigator (ICN)

90 Main Street Stephenville, NL A2N 1J3

P.O Box 215 Stephenville, NL A2N 1E0

Direct line: 709-643-6768

NAWN: 709-643-4563, Fax: 709-643-1290

Email: icn.nawn@gmail.com

Mental Health

NAWN Mental Health Counsellors

LeeAnn - (709) 643-1223

Email: leeann.nawn@gmail.com

Suzanne - (709) 643-1266

Email: suzannebk.nawn@gmail.com

FIRST LIGHT, ST. JOHN'S FRIENDSHIP CENTRE

Aboriginal Patient Navigators

The Aboriginal Patient Navigator Program (APN) is a partnership between Eastern Health and First Light – St. John's Friendship Centre. It began in 2009 to provide support and assistance for Indigenous patients and their families who travel to St. John's for medical appointment/s. The APN's serve to bridge the gap between Indigenous patients and their respective health care professionals.

Services the APNs may provide are:

- Referral and/or advocacy to Aboriginal patients to ensure access to the most appropriate health care options
- Navigation to, and escorting patients to appointments
- Arranging translation services in Innu-Aimun and Inuktitut, if needed/requested

Assisting patients to access meals, transportation, accommodations, medical supplies and discharge planning

If you require additional information, please contact:

Solomon Semigak

Aboriginal Patient Navigator

Health Sciences Centre - Room 2J514300

Prince Philip Drive, St. John's, NL A1B 3V6

Tel: 709-726-5902 ext. 602

709-777-2110

709 758 1714

solomon@firstlightnl.ca

solomonsemigak@easternhealth.ca

Cultural Support

The cultural support team takes an interdisciplinary approach to facilitate Indigenous connections on an individual or group basis. The team can assist individuals with their personal wellness goals through an Indigenous lens. These services are not intended to replace traditional case management or support programs.

The cultural support team may provide:

- Connections within the First Light St. John's Friendship Centre's programs
- Connection to other community resources
- Land-based activities
- Individual cultural support

The cultural support team does not provide:

- Crisis intervention
- After-hours support

Labrador Friendship Center

Indigenous Justice Navigator

We offer support / information for folks in Labrador accessing services within the justice system.

This could look like:

- public outreach
- one on one sessions
- phone calls
- emails
- referrals
- connecting with community partners

Their goal is to assist in the connection between service users and services provided.

Assist clients with understanding of prioritizing legal issues.

Provide general legal information and referrals to legal and non-legal resources / supports by phone, email or in-person.

Develop relationships and engage with legal professionals working with clients, to ensure adequate collaboration to address client justice needs.

Accompany clients to both court and legal appointments as requested.
Assist clients with completing and filling legal documents.

Provide access to interpretation and elder services, as well as an initial consultation with a lawyer for up to 1 hour, free of charge.

Contact:

Nancy Gear
Indigenous Justice Navigator
ngear@lfchvgb.ca

Labrador Friendship Centre
49 Grenfell Street
P.O. Box 767, Station B
Happy Valley-Goose Bay, NL A0P 1E0

Tel: 709-896-8302 ext. 219

Fax: 709-896-8731

www.lfchvgb.ca

Community Food Bank

The purpose of the community food bank is to provide emergency food assistance to eligible recipients in a proper and dignified manner based on governing guidelines.

For further information on the Food Bank please contact:

Alicia Neville, Program Manager

Tel: (709) 896-8302 ext. 208

email: aneville@lfchvgb.ca

QALIPU FIRST NATION

Contact:

General Information: 709-634-0996

Email: info@qalipu.ca

Website: qalipu.ca

If you would like assistance applying for, or renewing your Secure Card of Indian Status (SCIS), please contact: SCIS Clerk, Betty Lou Hynes 709-634-8675, or email bhynes@qalipu.ca.

Or you can reach our Indian Registration Administrator, Nancy O'Connell at 709-634-4010 or email noconnell@qalipu.ca

Toll Free 855-263-6440

or appointments and assistance by emailing: membership@qalipu.ca

Housing Development Officer

Travis Hulan

Tel: 709-634-3176

Email: thulan@qalipu.ca

Email: housing@qalipu.ca

Housing Program Development Youth Intern

Jason Park

Tel: 709-634-0411

Email: jpark@qalipu.ca

Aboriginal Patient Navigator Program

The Aboriginal Patient Navigator (APN) Program offers support and assistance to Aboriginal patients/clients on the west coast of Newfoundland for medical treatment. The APN Program provides a link between Aboriginal communities and western health care providers.

Services and Supports

- Navigation to appointments.
- Assistance to access meals, transportation, accommodations, medical supplies and discharge planning.
- Liaising with internal and external agencies.
- Education and information sharing.

Indigenous Patient Navigator

Melissa Muise

Tel: 709-634-5042

Email: mmuise@qalipu.ca

Non-Insured Health Benefits (NIHB) Navigator

Howard Thistle

Tel: 709-679-5743

1-855-675-5743 (NIHB Inquiries)

Email: hthistle@qalipu.ca

<https://qalipu.ca/health/non-insured-health-benefits/>

Medical Transportation

(Pre-approvals)

Tel: 709-634-1147

Mental Wellness Navigator

Susan Bryan

Tel: 709-679-2238

Email: sbryan@qalipu.ca

Jordan's Principle

Tel: 709-651-6952

Education, Training, Employment

Tel: 709-647-3171 or 888-251-7614

Email: educationandtraining@qalipu.ca

Employment Coordinator

Yvonne MacDonald

Tel: 709-647-3514

Email: ymacdonald@qalipu.ca

PEOPLE OF THE DAWN INDIGENOUS FRIENDSHIP CENTRE

The Friendship Centre offers supports and services to all Indigenous people regardless of status or nation.

They provide assistance to individuals having difficulty accessing essential help with health, housing, employment, education, justice or related issues.

The centre also works to strengthen and celebrate Indigenous culture.

Opportunities to share, learn and explore in a safe, respectful setting are available to Indigenous and non-Indigenous visitors alike.

Suite 10, 35 Carolina Avenue

Stephenville NL A2N 3P8

Tel: 709-643-3902

Fax: (709) 643-3877

www.pdifc.com

Safe Works Access Program (SWAP)

Free and Confidential Needle Delivery and Exchange Service.

They provide:

- Sterile syringes
- Sharps containers plus disposal service
- Sterile water

- Cooker cups
- Non-latex tourniquets/ties
- Alcohol swabs
- Fentanyl test strips
- Naloxone kits
- Glass pipes and smoking equipment
- Safer snorting equipment
- Condoms and lubricant

To place an order: call or text: 709-649-1013

Wednesday evenings 6:00-9:00 pm

GLADUE REPORT

Gladue Report is a type of pre-sentencing document that the court can request during the consideration of sentencing an Indigenous offender. Section 718.2 of the Criminal Code of Canada states that a court that imposes a sentence shall also take into consideration “all available sanctions, other than imprisonment, that are reasonable in the circumstances and consistent with the harm done to victims or to the community should be considered for all offenders, with particular attention to the circumstances of Aboriginal offenders.”⁴ Gladue reports are usually written by Gladue caseworkers at the request of the defense,

⁴ Criminal Code (R.S.C., 1985, c. C-46)

Crown Attorney, or judge.⁵ The intention of Gladue Reports is to combat the overrepresentation of Indigenous people who are incarcerated, and to allow the court to make a fair sentence that takes an offender's Indigenous background into consideration. Gladue rights extend to all Indigenous people, regardless of status.⁶ Section 718.2(e) is stated to apply to "all Aboriginal persons wherever they reside, whether on or off reserve, in a large city or rural area⁷." Gladue rights extend to every Indigenous person. An Indigenous person must state to the court that they wish to exercise their Gladue rights. Letting your lawyer know that you are Indigenous is a good practice, as they may be able to direct you to services to best accommodate your needs.

⁵ The Gladue Primer. 2011 Legal Services Society, BC

⁶ The Gladue Primer. 2011 Legal Services Society, BC

⁷ R. v. Gladue

REFERENCES

"Adult And Youth Correctional Statistics in Canada, 2018/2019". 2021, <https://www150.statcan.gc.ca/n1/pub/85-002-x/2020001/article/00016-eng.htm>.

"Criminal Code of Canada" (R.S.C., 1985, c. C-46)

Istvanffy, Jay et al. *Gladue Primer*. 1st ed., Legal Services Society, BC, 2011, <https://pubsdb.lss.bc.ca/pdfs/pubs/Gladue-Primer-eng.pdf>

Supreme Court of Canada. *R. V. Gladue*. 1999. <https://scc-csc.lexum.com/scc-csc/scc-csc/en/item/1695/index.do>

At a Glance Resource Page:

First Nations and Inuit Hope for Wellness Help Line:

1-855-242-3310

Sexual Assault Crisis Hotline: 1-888-737-4668

The Journey Project:

support@journeyprojectnl.com

1-883-722-2805

Victim Services:

Stephenville: (709) 643-6588 / 643-6618

Corner Brook: (709) 637-2614

Port Saunders: (709) 861-2147

Gander: (709) 256-1028 / 256-1070

Grand Falls-Windsor: (709) 292-4508 / 292-4548 / 292-4544

Legal Aid:

Corner Brook: (709) 639-9226 Toll Free: 1-844-639-9226

Stephenville: (709) 643-5263 Toll Free: 1-844-304-5263

Gander:(709) 256-3991

Grand Falls-Windsor: (709) 489-9081

CHANNAL Warm Line: 1-855-753-2560

RCMP:

Stephenville: 709) 643-2118

Corner Brook: (709) 637-4433

Deer Lake: 709-635-2173

Gander: (709) 256-6841

Grand Falls-Windsor: (709) 489-2121

Rocky Harbour: (709) 458-2222

St. Anthony: (709)-454-3543

Port Saunders: (709) 861-3555

RNC:

Corner Brook: 709-637-4100

Labrador City: 1-709-944-7602

Churchill Falls: 1-709-925-3524

In an emergency, dial 911



Created and distributed by the project “Realigning our Circle: Paving the way to Resilience”, with funding from Women and Gender Equality Canada (WAGE), and brought to the community by the Newfoundland Aboriginal Women’s Network. Information within is accurate as of the time of publication. November, 2023.