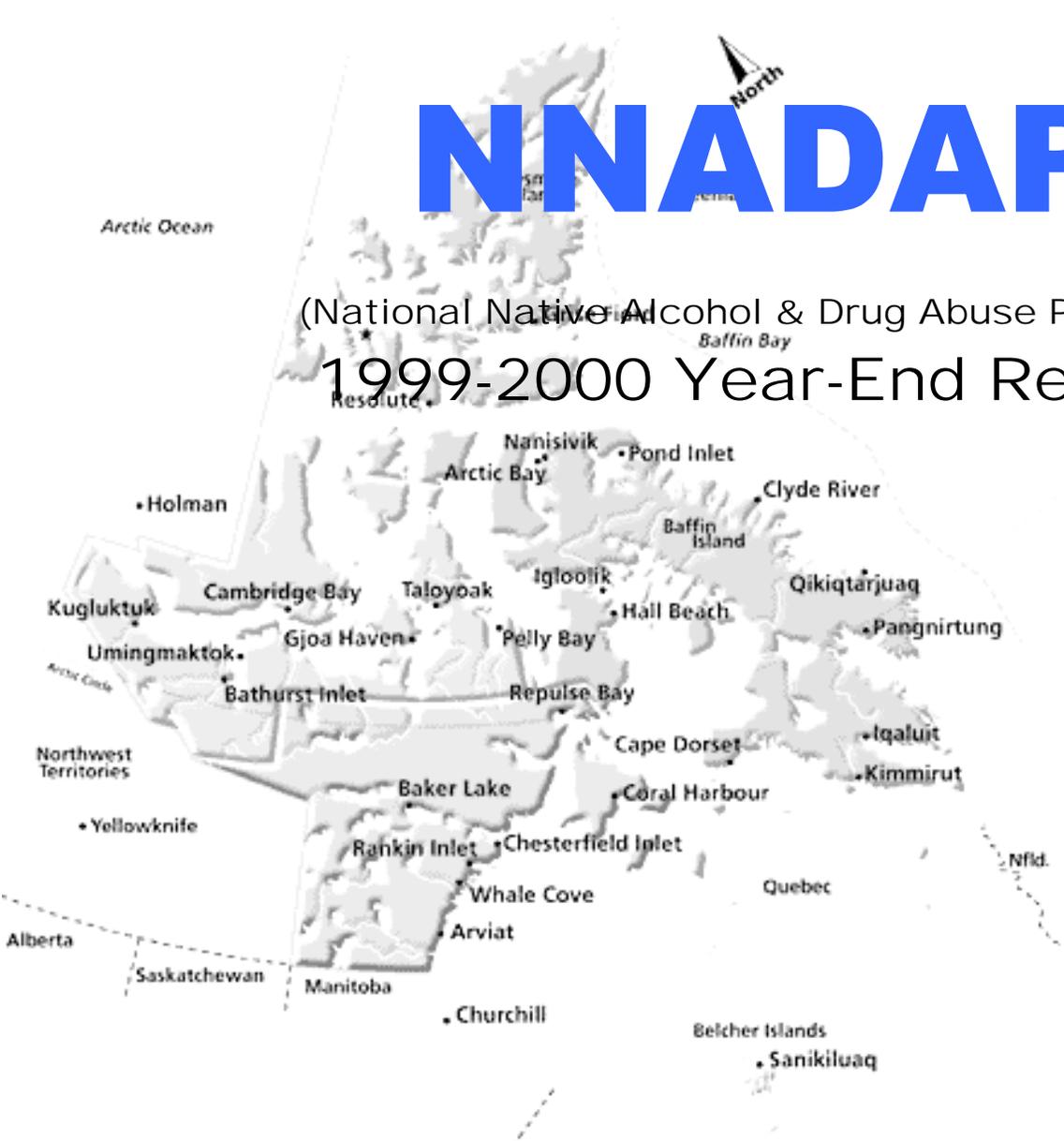


# NNADAP

(National Native Alcohol & Drug Abuse Program)

## 1999-2000 Year-End Report



Department of Health and Social Services

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## Acknowledgements

The Department of Health & Social Services produced this Report for the people of Nunavut. It demonstrates the significant Alcohol and Drug Program undertakings of communities across the territory.

A special thanks to all the NNADAP project managers and coordinators whose hard work and dedication contributed to health and wellness in Nunavut. Also, let's congratulate the Drug and Alcohol Workers, Social Workers and Counselors. Their contributions and commitment made NNADAP a real success in 1999-2000.

### **Baffin**

Regional

Mike Linn

Manager, Addictions Services

### **Kivalliq**

Regional

Simeon Mikkungwak

Community Mental Health Consultant

### **Kitikmeot**

Regional

Rachel Dutton

Regional Mental Health & Addictions Specialist

## Background

The National Native Alcohol and Drug Abuse Program (NNADAP), an initiative of Health Canada, is now in its 15th year. There are more than 500 alcohol and other drug abuse community based prevention programs throughout Canada with approximately 650 workers active in community based prevention activities.

*This is a priority for the Minister and all Inuit people.*

NNADAP evolved through many stages, including identification of needs, program development and implementation, program maintenance etc. Alcohol and other drug abuse is a major health issue, and is a symptom of the continuing and complex issues related to the psychosocial health and wellness of Inuit and communities. This is a priority for the Minister of Health & Social Services and all Inuit people.

The goal of NNADAP is to support Inuit people and their communities to establish and operate programs aimed at stopping high levels of alcohol, drug, and solvent abuse. Most of the NNADAP activities are included in the following four areas of emphasis: prevention, treatment, training, research and development.

## Introduction

Partnerships describe action for healthy communities at all levels. Partnerships deliver the benefits of more resources, skill sharing and awareness of the possibilities for change. The development of professional training for Alcohol and Drug Workers across Nunavut shows a strong commitment to build the capacity of community caregivers. Partnerships make change happen faster. The partnership between the department and the community Alcohol & Drug Workers is making change happen.

The National Native Alcohol & Drug Abuse Program (NNADAP) is designed to increase the skills of Nunavut's alcohol and drug workers and promote the delivery of culturally sensitive health service and care. This program enhanced the existing health care activities in each region.

*A strong commitment to build the capacity of community caregivers.*

This Report is about the action that regional alcohol and drug workers and Social Workers took to improve local health and wellness. Their participation demonstrated the huge potential and interest to develop skills, learn new treatment methods and techniques and create a healthy community. This is a priority for the Minister of Health and Social Services and all Inuit people.

The NNADAP projects presented in this report are examples of community workers taking action on drug, alcohol and other addiction issues in their community. The report represents projects that:

- address health and wellness issues based upon priority-setting on information in Regions;
- link with other programs and agencies in each region;
- are a part of a regional strategy for health and community development;
- have positive outcomes that the whole region recognizes.

The Department of Health & Social Services continues to work with communities to make sure the approach to health and wellness is forward-looking and to encourage community health plans and health strategies.

## Objective and Purpose

NNADAP is a key component to make sure the Vision of the department is realized; to support people living in safe and healthy communities and address alcohol, drug, and solvent abuse in Nunavut.

### Objectives

1. Nunavut will provide treatment for eligible recipients who need treatment for alcohol and drug dependency.
2. Nunavut can provide training for alcohol and drug workers to give alcohol and drug abuse education and prevention activities.

### Purpose

The purpose of the NNADAP program is to support community designed and operated projects in the areas of alcohol abuse prevention, treatment and rehabilitation in order to arrest and reverse the present destructive physical, mental, social and economic trends.

*To make  
sure the  
Vision of  
the department  
is realized.*

# REGIONAL Activity Reports



# Kitikmeot

Regional Allocation \$50,372.00

## Project 1

### Purpose

To offer hands-on experience in a southern addictions treatment centre. It would give the community alcohol and drug counselors practical job skills.

Budget \$26,612.00

### Proposal Objectives:

1. To provide education, training and mentoring in addictions treatment.
2. To give counselors a chance to see the programs offered by a treatment center.
3. To educate and empower counselors to share the information with the community justice committees, elders, youth and future clients.
4. To help the treatment facility to develop a space that is appropriate to Inuit needs.
5. To offer the treatment counselors and alcohol and drug counselors a chance to meet and develop a professional support network.
6. To provide needed education to uniquely skilled and trained Inuit counselors who are in the best position to give help and understanding to their own people.

### Description

Kitikmeot postponed this project until next year.

# Kitikmeot

## Project 2

### Purpose

To offer community alcohol and drug counselors the chance to take two courses from the Nunavut Arctic College Northern Community Alcohol and Drug Counselor Certificate Program.

Budget            \$23,760.00

### Proposal Objectives:

1. To give college-level education and training on interpersonal communication and applied counseling skills.
2. To offer credit courses to complete the Northern Alcohol and Drug Certificate Program.
3. To supply skills needed to counsel and talk to clients with addictions issues.
4. To let students meet other counselors and addictions workers.
5. To show students innovative counseling approaches and treatments.
6. To enhance the student's speaking and writing and presentation skills.

### Description

The regional mental health and addictions specialist worked with the community alcohol and drug counselors to find out what the training needs were for each community program. The counselors wanted to do college credit courses that would help them with their job and their career. The courses they chose were Introduction to Group Work and Treatment and Prevention.

*"I certainly feel the training was a success on many levels."*

Rachel Dutton  
Regional Mental Health -  
Addictions Specialist

The students from both Gjoa Haven and Taloyoak attended and completed the Introduction to group work and treatment and prevention courses offered by Nunavut Arctic College. The student from Kugluktuk completed introduction to group work but declined the treatment and prevention component.

The department recognizes the commitment and dedication of the alcohol and drug counselors in Kitikmeot and is thrilled with their hard work to improve the addictions counseling in Nunavut.

# Baffin

Regional Allocation \$199,757.88

## Project 1

### Purpose

To provide certificate training in reality therapy to counseling staff in Baffin. The five-stage two-year program provides alcohol and drug workers and counselors with the skill to counsel clients suffering from substance abuse and learn about the core causes of addiction.

Budget \$75,000.00 per stage

### Proposal Objectives:

1. To offer counselors the chance to finish the Reality Therapy Certificate Program.
2. To provide care to substance abuse clients with reality therapy and choice theory.
3. To promote prevention across each community in Baffin.
4. To reduce the duplication of service delivery in Baffin.

### Description

Twenty counselors in the Baffin region did the therapy program. All counselors will receive a therapy certification. The reality therapy certification was a five-part modular, self-directed study. It was made up of the basic week, practicum 1, advanced week, and practicum 2, followed by the certification week. This practicum was at least 30 hours of study supervised by an approved reality therapy certified practicum supervisor.

The students learned reality and choice therapy concepts. It provided counselors with valuable practical skills and knowledge of human behaviour. This knowledge gave counselors more choices to counsel clients in a variety of situations.

The program taught counselors to influence rather than control clients by developing communication skills based on trust and respect. In addition, it encouraged counselors to think creatively to make more effective decisions to client counseling and treatment.

The department recognizes the commitment and dedication of the alcohol and drug workers and counselors in Baffin and is thrilled with their hard work in improving the addictions counseling in Nunavut.

*"It is really supporting me how to talk to individual's need in their lives."*

Seepa Nowdlak  
Wellness Counselor  
Pangnirtung

# Baffin

## Project 2

### Purpose

To provide Ilisaqsivik Society with funding to do preventive programming for pre-teens and teens and to put in place counseling for school aged children with solvent abuse, alcohol and drug addictions issues.

Budget           \$49,478.00

### Proposal Objectives:

1. To hire an Inuktitut first language Addictions Counselor.
2. To develop counseling skills in the community's alcohol and drug workers.
3. To serve adults and teenagers with addictions problems and help them find treatment.
4. To develop and support pre-teen and teen preventive solvent abuse, alcohol and drug additions programming.
5. To develop a school counseling program for students with solvent abuse, alcohol and drug addictions problems or living with family members with these problems.
6. To give addictions information to teachers and students.

### Description

A local addictions counselor was hired and the open-door policy used made it easy for people to drop by to talk and get help from the counselor. Counseling skills were developed and passed on to the community counselors.

*"The teachings are very helpful at work and at home."*

Leetia Kowalchuk  
Counselor  
Iqaluit

Posters were put up around the community to invite people with addictions problems to come to the society to talk. The alcohol and drug counselor's names and hours were published in Inuktitut and English and mailed to everybody in the community. Three radio shows were done focusing on addictions.

Ten 10-12 year old students took part in a leadership program as part of the preventive programming in the community. The program showed the students how to take responsible and make healthy lifestyle choices.

The alcohol and drug counselor went to the school three times. In addition, three student referrals were made to the Counselor. An addictions awareness poster contest was put on later in the year.

Alcohol and drug materials were given to teachers to help their alcohol and drug classes for the school health curriculum. A poster contest and a story contest ran for all grades. The winning posters from each grade are proudly displayed in the family resource centre.

# Keewatin

Regional Allocation                      \$66,586.00

## Project 1

Budget                      \$11,844.00

### Purpose

To give a gambling addictions workshop to the alcohol and drug workers in Keewatin.

### Proposal Objectives:

1. To give additional addiction counseling and training to staff.
2. To offer addictions staff the chance to do academic courses.
3. To encourage training and skill development.

### Description

The gambling addictions workshop was put on in Rankin Inlet. The workshop was developed because of the very real issue of compulsive gambling in Keewatin. The workshop gave alcohol and drug workers training and a chance to write an exam on gambling and family violence. Successful completion of the exam would result in a Certificate of Completion that would count as credit toward a university counseling program.

Five Keewatin staff went to the workshop. The workshop gave information on gambling addiction assessment and self-help tools and techniques that counselors can give to clients. Anger management techniques were covered, too. Each student was able to prepare better reports and give educational presentations about gambling addictions prevention and treatment in their community.

*"I have learned  
a lot about  
counseling during  
the course."*

Nina Malliki  
Alcohol & Drug Worker  
Chesterfield Inlet

# Keewatin

## Project 2

Budget \$55,397.00

### Purpose

To offer a Nunavut Arctic College alcohol and drug counselor program to alcohol and drug workers in Keewatin.

### Proposal Objectives:

4. To give additional addiction counseling and training to staff.
5. To offer addictions staff the chance to do academic courses.
6. To encourage training and skill development.

### Description

The program ran from Feb. 21 through March 31 and had three modules and a practicum. The course offered practical training and touched on the issues the alcohol and drug workers see every day at their outpatient project offices.

Six Keewatin staff went to the program. Client assessment was a main focus of the college program. Students also learned how to talk with clients who had to go for residential treatment outside the community. Finally, different preventive strategies were studied and applied.

*“This really helped me in my counseling skills as a counselor.”*

Jenny Mariq  
Alcohol & Drug Worker

The department recognizes the commitment and dedication of the alcohol and drug workers and counselors in Kivalliq and is thrilled with their hard work to improve the addictions counseling in Nunavut.