# Mental Wellness Resources

Indigenous Services Canada - FNIHB - Mental Wellness

Chiefs Gathering of Ontario

November 2023



The Map below shows the location of Indigenous-led treatment centers and healing lodges which are Federally and/or Provincially-funded.



#### **Treatment Centers Overview**

There are 11 FNIHB-funded treatment centers in Ontario, 10 of which offer inpatient services with a combined 132 beds and one offers an outpatient facility with space for 288 patients. There are two funding streams available, the National Native Alcohol and Drug Addiction Program (NNADAP) and the National Youth Solvent Abuse Program (NYSAP). Both programs seek to strengthen the links between the residential treatment and the community based prevention component of NNADAP and other health services to ensure that client needs are met before, during and after treatment.

### North-West Treatment Centers in Ontario

• **Dilico Adult Residential Treatment Center:** This center is federally funded and promotes the healing and well-being of Anishinabek people using an integrated holistic approach in a way that honors values, culture and traditions. The program offers in-patient, out-patient and aftercare services for individuals 18+ through a 4-5 week program.

o **Phone:** 807-623-8511

o **Fax:** 626-7999

o **Email:** <u>elizabethafonso@dilico.com</u> – Intake Worker

Toll-free: 1-855-623-8511Toll-free Fax: 1-855-626-7999

o Address: 200 Anemki Place, Fort Willian First Nation ON, P7J 1L6

o Website: <u>www.dilico.com</u>

• **Dilico Family Healing Centre**: A provincially funded Indigenous treatment program that is offered to individuals who are chemically dependent on alcohol or drugs. Programs are decentralized and strategically situated in five locations; Thunder Bay, Armstrong, Longlac, Nipigon and Marathon.

Phone: 807-623-8511Fax: 807-626-7999

o **Email:** communications@dilico.com

o Address: 200 Anemki Place, Fort William First Nation

o Website: www.dilico.com

• Fort Frances Tribal Health Services: This health center is both provincially and federally funded and provides support to ten Treaty 3 First Nations in Northwestern Ontario. The center provides health services, mental health counselling, substance abuse services, treatment, cultural and community support treatment.

○ Phone: 807-274-2042○ Fax: 807-274-9669

o Email: reception@fftahs.com

o Address: 1458 Idylwild Drive, Fort Frances, ON

o Website: www.fftahs.com

• **Ka-Na-Chi-Hih Solvent Abuse Centre:** This program is federally funded and uses traditional, as well as contemporary models of treatment to help clients deal with their habitual use of solvents/solvents. The center offers in-patient, out-patient and aftercare services for First Nation youth between the ages of 18-30.

Phone: 807-623-5577Fax: 807-623-5588

o **Email:** <u>sbirnie@kanachihih.ca</u>

o Address: 1700 Dease Street, Thunder Bay, ON, P7C 5H4

o Website: www.kanachihih.ca

Migisi Alcohol and Drug Treatment Center: Is a federally funded residential
facility with holistic services offered to those who seek assistance in dealing with
their alcohol and or drug dependence. The program is for those 19+ and offers inpatient services.

o **Phone:** 807-548-5959

o **Email:** <u>migistreatmentcentre@bellnet.ca</u>

o **Fax:** 807-548-2084

Address: 109 Migisi Rd, Kenora ON P9N 3X7
 Website: www.migisitreatmentcentre.ca

• **Mino Ayaa Ta Win Healing Centre:** A federally funded bi-cultural services center that offers interventions for those dealing with grief, trauma, loss, anger management, trauma and abuse, and more. Type of programs include in-patient services, medically supervised detox services and after care. The program is a 28 day residential treatment program for those who are 18 and up.

o **Phone:** 807-274-7373

o **Email:** jtkachyk@fftahs.org – Administrative Assistant

o **Referral Contact:** 807-274-7373

o **Fax:** 807-274-9941

o Address: 1107 Highway 11, 1107 Mishkiki Miikan Road, Fort Frances

o Website: www.fftahs.com

 Paawidigong First Nations Forum Healing Lodge: This provincially funded program provides comprehensive holistic health and social services that combine traditional values with cultural beliefs. It offers contemporary practices that will promote healthy communities and an enhanced quality of life for the Dryden Area First Nations.

o **Phone Number:** 807-223-5080

Fax: 807-223-5012Email: info@pfnf.ca

o **Address:** 105 King St, Dryden, ON P8N 1C1

o Website: www.pfnf.ca

• **Pelican High Peak Healing Lodge:** A provincially funded 7 week, holistic healing program working with Indigenous individuals ages 12-17 who struggle with substance use and mental health issues.

Phone: 807-737-1986Fax: 807-627-3524

o **Email:** mnadon@pelicanhighpeak.ca

Address: 70 Wellington Street, Sioux Lookout, ON, Canada
 Website: <a href="https://www.wakenagun.org">www.wakenagun.org</a> (Affiliate Organization)

• Tommy Beardy Memorial We Che He Wayo-Gamik Family Treatment Center: This center is both federally and provincially funded. It focuses on residential family treatment for alcohol and drug abuse. The philosophy of the Treatment Centre is based on the traditional values, beliefs and spirituality of the Ojibwas and Cree people of the Aski-Nishnawbe First Nations. The program is open to all ages and offers a 6 week in-patient program for those seeking support.

o **Phone Number:** 807-471-2554

o Fax: 807-471-2510

o Email: tommybeardytc@gmail.com

o **Address:** P.0 Box 131 Muskrat Dam, Ontario POV 3B0

o Website: www.rtbfamilytreatmentcentre.com

• Waashkootsi Nanaandawe'iyewigamig Healing Lodge: A provincially funded, culturally based, residential healing program intended to break the cycles of violence, abuse and addictions by addressing underlying causes and developing knowledge and skills that support healthy lifestyles. The program operates through a 20-day healing program with out-patient services for clients 16+.

o **Phone Number:** 1-888-MYWNHAC (699-6422) or 807-543-1065

o **Email:** ppinesse@wnhac.org – Administrative Assistant

 Address: Health Centre Road, Obashkaandagaang First Nation, Keewatin, Ontario POX 1C0

o Website: www.wnhac.org

#### **North-East Treatment Centers in Ontario**

• **Benbowopka Treatment Center:** A provincially funded program that provides a culturally based harm reduction model of services to those seeking residential treatment for substance abuse. This program is part of a continuum of addictions service being delivered by North Shore Tribal Council. The Center offers both in—patient and out-patient services for those who are 18+.

o **Phone:** 705-356-1681

o **Email:** referral 1@bellnet.ca

o Address: 144 Causley Street, Blind River, ON POR 1B0

o Website: www.benbowopka.com

Biidaaban Healing Lodge: This treatment center is provincially funded and works
collectively with all Robinson-Superior Treaty Nations to facilitate individual
recovery, family healing and community rehabilitation. The program offers inpatient and out-patient services for clients.

o **Phone:** 807-229-3592 Ext 650

o Fax: 807-229-0308

o **Email:** info@biidaaban.com

o Address: P.O Box 219, Hwy 627 Biigtigong Nishnaabeg, ON POT 1R0

o Website: www.biidaaban.com

• **Eagle's Earth Treatment Centre:** This centre is provincially funded and provides culturally based healing programs for clients struggling with substance misuse.

o **Phone:** 705-626-2626

Email: <a href="mailto:catherine.powell@eaglesearth.org">catherine.powell@eaglesearth.org</a>
 Address: P.O Box 4000, Constance Lake ON

o Website: www.eaglesearth.org

• **Garden River Dan Pine Healing Lodge:** This provincially funded center offers client-based services, participants-based activities, traditional services and activities which include residential and day programs encompassing contemporary and traditional therapies to promote healthy individuals, relationships, and families. The Healing Lodge offers in and out-patient services to clients who are 18+.

o **Phone:** 705-248-2231 | 705-946-5710

o **Email:** <u>llesage@grhc.ca</u>

o Address: 200 Anishinawbe Point Rd, Garden River, ON, P6A 7A8

o Website: www.grwc.ca

 Gwekwaadziwin Miikan Treatment Centre: This is a provincially funded treatment center that weaves traditional culture with therapeutic best practices. The center uses education, life skills, and outdoor experiential learning to support youths and young adults on their path of recovery, from stabilization, through treatment, aftercare, and transition back to their community. The program offers services for Indigenous youth from the ages of 19-30 and offers aftercare support as well.

o **Phone Number:** 705-370-5307

o **Email**: info@gwek.ca

o **Address:** 2027 Highway 540, Little Current Ontario

o Website: www.gwek.ca

• **Ngwaagam Gamig Recovery Centre (Rainbow Lodge):** This is a provincially funded program that provides a four week program for those over the age of 18, includes pre/after treatment services.

o **Phone:** 705-859-2324

o **Fax:** 705-859-2325

o **Toll Free:** 1-877-NGWAAGAN (649-2242)

o **Email:** <u>rmanitowabi@ngwaagan.ca</u>

o Address: 56 Pitawanakwat Street P.O. Box 81, Wikwemikong, Ontario POP

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- o Website: www.ngwaagan.ca
- **Sagashtawo Healing Lodge:** A federally funded program that offers family and individual treatment for clients.

Phone: 705-336-3450Fax: 705-336-3452

o **Email:** admin.support@sagashtawao.ca

o Address: 100 Quarry Rd, South Bruce, Peninsula ON N0H 2T0

o Website: <u>www.sagashtawao.ca</u>

• **Shawanaga First Nation Healing Centre:** A provincially funded program that provides health, healing and wellness programs and services to Shawanaga members. These are provided through community programming or through the healing lodge.

Phone: 705-366-2526Fax: 705-366-2740

o **Email:** receptionist@shawanagafirstnation.ca

o Address: 19 Shebeshekong Rd, N, Nobel ON POG 1G0

o Website: <a href="https://www.shawanagafirstnation.ca">www.shawanagafirstnation.ca</a>

• Wakenagun Youth Healing Lodge: This is a provincially funded program that provides mental health and substance use healing, utilizing a trauma-informed approach to Indigenous youth aged 12-17, regardless of gender identity.

Phone: 807-627-8631Fax: 807-623-5588

o **Email:** smore@kanachihih.ca

o Address: 5310 Highway 101 West Timmins, ON P4R 0B5

o Website: www.wakenagun.org

#### **Eastern Ontario Treatment Centers**

• **Enaahtig Youth Lodge:** A provincially funded lodge that provides opportunities to families and individuals for holistic healing and learning.

Phone: 705-330-4059
 Fax: 705-330-4067
 Email: ylw@enaahtig.ca

o Address: 344 West Street N, Orillia, Ontario L3V 5E3

o Website: www.enaahtig.ca

• **Mamisarvik Healing Centre:** An Inuit specific healing center that is provincially funded, offering a eight week residential treatment program for women and men aged 18 years and older.

o **Phone:** 613-792-8132 ext: 221

o **Fax:** 613-792-9350

o **Email:** sst.clair@Tiontario.ca

o Address: 25 Rosemount, Ottawa ON, K1Y 1P3

o Website: www.tiontario.ca

#### **Southern Based Treatment Centers**

• **Anishnawbe Health Toronto:** This is a federally funded program that is based on Indigenous culture and traditions. It is the only faciality in Toronto that cares for Indigenous clients with both western and traditional approaches to health care. The program operates through out-patient services for those 16+.

Phone: 204-359-8995Fax: 204-359-6497Email: cpike@aht.ca

o Address: 4 Charles Street East Toronto ON, M4Y 1T1

o Website: www.aht.ca

 Mdewgaan Lodge: A provincially funded urban residential Healing Lodge for Indigenous women with their young children and pregnant women who are interested in moving forward on their wellness journeys.

Phone: 416-969-8510Fax: 416-928-0706

o Email: info@nativechild.org

Address: 30 College Street, TorontoWebsite: www,nativechild.org

• Native Horizons Treatment Centre: A federally funded treatment center committed to wellness, encompassing a holistic philosophy to address mental health and addictions in a residential setting that meets the unique needs to Native populations. Types of services include in-patient, out-patient, day-patient, family and virtual for clients 18+.

Phone: 905-768-5144Toll Free: 1-877-330-8467

Fax: 905-768-5564Email: <a href="mailto:info@nhtc.ca">info@nhtc.ca</a>

o Address: 130 New Credit Road Hagersville, ON NOA 1H0

o Website: www.ngwaagan.ca

• **Nimkee Nupi Gawagan Healing Centre:** This is a federally funded healing centre that is committed to empowering Indigenous youth, families, and communities

through culturally based holistic treatment and recovery services. The program offers in-patient services for Indigenous youth aged 12-25.

Phone: 519-264-2277
 Fax: 519-264-1552
 Email: <a href="https://www.nimkee.org">www.nimkee.org</a>

o Address: 20850 Muncey Road, P.O Box 381, Muncey ON, NOL 1Y0

o Website: www.nimkee.org

• **Six Nations Egowadiya'dagenha Land Based Healing Centre:** This is a provincially funded healing centre that assists in reconnecting Haudenosaunee people back to their roots by engaging in land-based activities

Phone: 519-445-1664Fax: 519-445-2560

o Email: <a href="mailto:lbhaa@sixnations.ca">lbhaa@sixnations.ca</a>

o Address: 727 3rd Line Road, Ohsweken, ON NOA 1M0

o Website: www.snhs.ca

#### **Mental Wellness Teams**

Funding is provided at the Tribal Council Level to support enhancement of existing Mental Wellness Teams (MWT). MWT's are community-based, client-centred, multi-disciplinary teams that provide a variety of culturally-safe mental wellness services and supports to First Nations communities using a range of service models that can include crisis response, capacity-building, trauma-informed care, land-based care, prevention, early intervention and screening, after care, and care coordination with provincial health and social services. The combination of services provided and composition of an individual team reflects community needs and priorities. Team members can include coordinators, Elders, cultural workers, psychologists, social workers and therapists, Resolution Health Support workers, and substance use workers.

#### **Anishinabek Nation**

Primary Contact	Jamie Restoule, <u>Director</u> , <u>Health Secretariat</u> Email: <u>Jamie.resoule@anishinabek.ca</u>
	Dinam jamen esoure amonimasenea
Communities	Alderville First Nation
Served	Algonquins of Pikwakanagan First Nation
	Beausoliel First Nation
	Chippewas of Georgina Island First Nation
	Chippewas of Rama First Nation
	Curve Lake First Nation
	Mississauga's of Scugog Island First Nation
	Moose Deer Point First Nation
Website	www.anishinabek.ca

## Association of Iroquois and Allied Indians (AIAI)

Primary Contact	Suzanne Nicholas, <u>Health &amp; Wellness Coordinator</u> Phone: 519-434-2761 x 239 Email: <u>snicholas@aiai.on.ca</u>
Communities Served	<ul> <li>Batchewana First Nation</li> <li>Caldwell First Nation</li> <li>Hiawatha First Nation</li> <li>Mohawks of the Bay of Quinte First Nation</li> <li>Moravian of the Thames</li> <li>Wahta Mohawk First Nation</li> </ul>
Website	www.aiai.on.ca

#### Biigtgong First Nation (Pic River)

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<b>Primary Contact</b>	April Thornton, Mental Wellness Team and Crisis Coordinator
	Phone: 807-229-1836 x 615
	Email: April.thornton@picriver.com

Communities Served	<ul> <li>Biigtgong Nishnaabeg (Pic River) First Nation</li> <li>Michipicoten First Nation</li> <li>Pays Plat First Nation</li> <li>Pic Mobert First Nation</li> </ul>
Website	www.picriver.com

## **Chippewas of the Thames**

Primary Contact	Kimberly Fisher, <u>Health Director</u>
	Phone: 519-289-5641 x 223
	Fax: 519-289-2378
	Email: kfisher@cottfn.com
Communities	Aamjiwnaang (Chippewas of Sarnia) First Nation
Served	Chippewas of Kettle and Stony Point First Nations
	Chippewas of the Thames First Nation
	Munsee Delaware Nation First Nation
Website	www.cottfn.com

# Giishkaanndago'lkwe Health Services (formally Fort Frances Tribal Area)

Primary Contact	Ginny Heilman, Manager of Social Emergencies Phone: 807-274-2042 x 4252 Email: gheilman@fftahs.org
Communities Served	<ul> <li>Anishinaabeg of Naongashiing First Nation</li> <li>Big Grassy First Nation</li> <li>Couchiching First Nation</li> <li>La La Croix First Nation</li> <li>Mittaanjigamiing First Nation</li> <li>Naicatchewenin First Nation</li> <li>Nigigoonsiminikaaning</li> <li>Ojibways of Onigaming First Nation</li> <li>Rainy River First Nation</li> <li>Seine River First Nation</li> </ul>
Website	www.fftahs.com

## **Independent First Nations Alliance**

<b>Primary Contact</b>	Marion Morris, Mental Wellness Team Coordinator
	Phone: 807-737-1902 x 105
	Email: marionmorris@ifna.ca

Communities Served	<ul> <li>Kitchenuhmaykoosib Inninuwug</li> <li>Lac Seul First Nation</li> <li>Muskrat Dam First Nation</li> <li>Pikangikum First Nation</li> <li>Whitesand First Nation</li> </ul>
Website	www.ifna.ca

## **Keewaytinook Okimakanak**

<b>Primary Contact</b>	Shanna Tavares, MH Program Lead (interim)
	Email: shannatavares@kochiefs.ca
Communities	Deer Lake First Nation
Served	Fort Severn First Nation
	Keewaywin First Nation
	McDowell Lake First Nation
	North Spirit Lake First Nation
	Poplar Hill First Nation
Website	www.kochiefs.ca

# **Kenora Chiefs Advisory**

<b>Primary Contact</b>	Anges Burgos, Crisis Response Manager
	Email: agnes.burgos@kenorachiefs.ca
Communities	Animakee Wa Zhing #37
Served	Asubpeeschoseewagong (Grassy Narrows) First Nation
	Anishinabe of Wauzhushk Onigum First Nation
	Iskatewizaagegan #39 First Nation
	Naotakamegwanning (Whitefish Bay) First Nation
	Niisaachewan Anishinaabe (Ochiichagwe'Babigo'Ining First
	Nation
	Northwest Angle 33 First Nation
	Obashkaandagaang (Washagamis Bay) First Nation
	Shoal Lake #40 First Nation
	Wabaseemoong (Whitedog) First Nation
Website	www.kenorachiefs.org

# Long Lake #58

Primary Contact	Kristy Muckaday, Interim Health Director Email: Kristian.muckaday@longlake58fn.ca
Communities Served	<ul> <li>Biinjitiwaabik Zaaging (Rocky Bay) First Nation</li> <li>Fort William First Nation</li> <li>Long Lake #58 First Nation</li> <li>Namaygoosisagagun First Nation</li> <li>Red Rock (Lake Helen) First Nation</li> </ul>

Website	www.longlake58fn.ca

**Maamwesying North Shore Tribal Council** 

Primary Contact	Lisa Meawasige, Program Director
	Phone: 705-844-0201 x 331
	Email: <u>lisa.meawasige@nmninoeyaa.ca</u>
Communities	<ul> <li>Atikameksheng Anishnawbek First Nation</li> </ul>
Served	Garden River First Nation
	Mississauga First Nation
	Sagamok Anishnawbek First Nation
	Serpent River First Nation
	Thessalon First Nation
Website	www.maamwesying.ca

**Matawa First Nation Management** 

<b>Primary Contact</b>	Francine Pellerin, Health & Social Meno Biimadeswin Director
	Email: fpellerin@matawa.on.ca
	Aaron Tyance, Mental Wellness Team Lead Facilitator
	Email: atyance@matawa.on.ca
Communities	Aroland First Nation
Served	Constance Lake First Nation
	Eabametoong First Nation
	Ginoogaming First Nation
	Long Lake #58 First Nation
	Marten Falls First Nation
	Neskantaga First Nation
	Nibinamik First Nation
	Webequie First Nation
Website	www.matawa.on.ca

## **Mohawk Council of Akwesasne**

Primary Contact	Amber Montour, <u>Director of Health</u> Email: <u>amber.montour@akwesasne.ca</u>
Communities Served	Mohawk Council of Akwesasne may support other First Nation Communities should they have the capacity to do so.
Website	www.akwesasne.ca

Mushkegowuk Council

<b>Primary Contact</b>	Janis Wabano, A/Director of Health
	Email: janiswabano@mushkegowuk.ca

	Lisa Wesley, A/Mental Wellness Manager
	Phone: 705-268-3594 x 436
	Email: <u>lisawesley@mushkegowuk.ca</u>
Communities	Attawapiskat First Nation
Served	Chapleau Cree First Nation
	Fort Albany First Nation
	Kashechewan First Nation
	Missanabie Cree First Nation
	Moose Cree First Nation
	Taykwa Tagamoui First Nation
	Weenusk First Nation
Website	www.mushkegowuk.ca

**Paawidigong First Nations Forum** 

Primary Contact	Rita Letourneau, Executive Director
Timary contact	Email: executivedirector@pfnf.ca
Communities Served	<ul> <li>Eagle Lake First Nation</li> <li>Lac Des Milles Lac First Nation</li> <li>Lac Seul First Nation</li> <li>Wabauskang First Nation</li> <li>Wabigoon Lake Ojibwe Nation</li> </ul>
Website	www.pfnf.ca

**Shibogama First Nations Council** 

Sinbogama i ii st Nations Council	
<b>Primary Contact</b>	Ashley Mclean, Social Emergency Manager
Communities	Kasabonika First Nation
Served	Kingfisher First Nation
	Wapekeka First Nation
	Wawakapewin First Nation
	Wunnumin First Nation
Website	www.shibogama.on.ca

## **Six Nations of the Grand River**

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<b>Primary Contact</b>	Alana Hill, Acting Health Director
	Email: alanahill@sixnations.ca
Communities	Six Nations, May offer support to other Haudenosaunee
Served	Communities; Mississaugas of New Credit First Nation
Website	www.sixnations.ca

## **Wabun Tribal Council**

Primary Contact	Trina Regan, Social & Emergency Response Phone: 705-268-9066 x 230 Email: erc@wabun.on.ca
Communities Served	<ul> <li>Beaverhouse First Nation</li> <li>Brunswick House First Nation</li> <li>Chapleau Ojibwe First Nation</li> <li>Flying Post First Nation</li> <li>Matachewan First Nation</li> <li>Mattagami First Nation</li> </ul>
Website	www.wabuntribalcouncil.ca

**Wasauksing FN** 

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Primary Contact	Debbie Pegahmagabow, <u>Health Director</u>
	Phone: 705-746-8022 x 2249
	Email: doh@wasauksing.ca
Communities	Dokis First Nation
Served	Henvey Inlet First Nation
	Magnetawan First Nation
	Nipissing First Nation
	Wahnapitae First Nation
	Wasauksing First Nation
Website	www.wasauking.ca

Wikwemikong Unceded Indian Reserve

<b>Primary Contact</b>	Diane Jacko, Health Director
	Phone: 705-859-3164 x 301
	Fax: 705-859-2035
	Email: djacko@wikyhealth.ca
	Cori Young, MWT Crisis Coordinator
Communities	Aundeck-Onmi-Kaning First Nation
Served	M'Chigeeng First Nation
	Sheguiandah First Nation
	Sheshegwaning First Nation
	Whitefish River First Nation
	Wiikwemkoong First Nation
	Zhiibaahaasing First Nation
Website	www.wiikwemkoong.ca

**Windigo First Nation Council** 

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Primary Contact	Gordon Beardy, Mental Wellness Team Project Coordinator
	Phone: 807-737-1585 x 7733
	Fax: 1-807-737-3133
	Email: gbeardy@windigo.ca

Communities Served	<ul> <li>Bearskin Lake First Nation</li> <li>Cat Lake First Nation</li> <li>Koocheching First Nation</li> <li>North Caribou (Round Lake) First Nation</li> <li>Sachigo Lake First Nation</li> <li>Slate Falls First Nation</li> <li>Whitewater Lake First Nation</li> </ul>
Website	www.windigo.on.ca