

**MENTAL HEALTH AND
ADDICTIONS SUPPORTS**

Since October 2019, 14 initiatives totalling at least \$25 million have been announced to support stronger mental health and addictions services in Manitoba including these previously announced initiatives:

- Expanding the distribution of Thrival Kits (\$1.5 million). The kits incorporate evidence-based mental health practices such as mindfulness meditation, personal reflection, stress reduction and coping strategies, as well as interpersonal skills development. Up to 15,600 students are expected to benefit from distribution of these kits, which are introduced to children through activities led by their teachers throughout the school year.
- Increasing support for the NorWest Youth Hub (\$823,000). This includes funding for additional counselling and psychologist appointments, primary care visits and mental health support group sessions. In total, the additional investment will allow the number of youth served at NorWest to increase by approximately 150 per year.
- Expanding Project 11 (\$621,000). Established by the True North Youth Foundation, this is a school-based mental health promotion program for students in kindergarten to Grade 8. It includes virtual and in-person lessons and activities that are designed to improve mental health awareness and positive coping strategies for students. Approximately 5,000 additional students will benefit from the province's investment in this program.
- Implementing the Métis CART pilot project (\$1.9 million). The project will see teams established in Dauphin and Winnipeg that include a caseworker, family mentor, and addictions and mental health workers. These teams will provide support for families with parental substance use and child abuse or neglect problems.
- Expanding services at Klinik Community Health Centre and Laurel Centre (\$2.4 million). This includes walk-in mental health services and specialized trauma counselling.
- Expanding the community schools program (\$1.6 million). Funding from the program will be given to implement five new schools, as well as expand the scope of programming currently offered for 14 kindergarten to Grade 6 schools already participating (\$1.6 million). This will help extend the benefits of resources and services to more than 10,000 children.
- Investing in a collaboration between StreetReach Winnipeg and the Manitoba Adolescent Treatment Centre (\$1.12 million). Investment also provides support new partnerships with Indigenous organizations (\$1.12 million).
- Expanding Neecheewan's Winnipeg facility (\$3.8 million). Funding will also be used to improve access to Indigenous-led healing, care and treatment services to sexually exploited youth.

- Enhancing access to mental health assessments and treatment for children and youth (\$4.2 million).
- Expanding StreetReach programming in Thompson and enhancing the community mobilization hub (\$2.1 million).
- Recruiting, training and employing community helpers (\$525,000). Community helpers provide mental health and addictions services to families and caregivers, reducing the risk of CFS apprehension or placement breakdown.
- Issuing a request for proposals to add 100 supportive recovery housing beds to help those who have received addictions treatment successfully transition back into the community. Cost will be subject to the tendering process.