

**MENTAL HEALTH AND ADDICTIONS SERVICES IN MANITOBA**

The Manitoba government has announced 21 initiatives valued at more than \$38.2 million to improve mental health and addictions services throughout the province including:

1. Expanding the distribution of Thrival Kits (\$1.4 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. At least 30,000 grades 4 to 6 students across the province are expected to benefit from distribution of these kits, which are introduced to children through activities led by their teachers throughout the school year.
2. 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.
3. 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 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.
4. 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.
5. 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.
6. 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).
7. Expanding Neecheewam'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.
8. Expanding services at Klinik Community Health Centre and Laurel Centre (\$2.4 million). This includes walk-in mental health services and specialized trauma counselling.

9. Enhancing access to mental health assessments and treatment for children and youth (\$4.2 million). Over three years, the funding will allow additional resources to be added to services already available at Children's Hospital.
10. Expanding StreetReach programming in Thompson and enhancing the community mobilization hub (\$2.1 million).
11. Recruiting, training and employing community helpers (\$525,000). Community helpers provide mental health and addictions services to families and caregivers, reducing the risk of Manitoba Child and Family Services apprehension or placement breakdown.
12. 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.
13. Enhancing access to school-based mental health and addictions supports, beginning in Brandon, Portage la Prairie and Steinbach (\$4.4 million). A pilot project will expand existing school-based clinical teams with psychiatric nurses and addictions support workers.
14. Investing more than \$1.5 million over three years in a new initiative to provide peer and family support services in Winnipeg and the Prairie Mountain Health region, led by the Manitoba Schizophrenia Society.
15. Investing in a one-year pilot project to launch Granny's House (\$400,000). The facility will provide short-term, culturally safe and community-led care to children and families who could otherwise be at risk of becoming involved in the child welfare system.
16. Providing \$300,000 to provide education programs offered by the Alzheimer Society of Manitoba for individuals living with dementia and their families.
17. Investing \$3.5 million toward the capital construction costs at the Bruce Oake Recovery Centre to enhance access to mental health and addiction treatment in Manitoba.
18. Providing \$2.8 million to the City of Thompson to establish and operate a sobering centre, which will offer an effective alternative to police and hospital-based responses to public intoxication, while keeping Manitobans safe.
19. Providing \$2.1 million to Siloam Mission, Riverwood Church Community Inc. and Tamarack Recovery Inc. to develop 70 supportive housing units including on-site support services for people completing their addictions treatment.
20. Investing \$2.1 million to provide community-based trauma services for newcomers and refugees suffering from post-traumatic stress disorder (PTSD).
21. Investing more than \$675,000 over three years in PAX Dream Makers, a successful youth engagement and leadership initiative that will provide two years of training and engagement to an additional 88 youth from northern First Nation communities, Rolling River and other school divisions.