

YUKON COMMUNITY WELLNESS COURT

OUTLINE OF KEY SERVICES AND SUPPORTS

Clients of the Community Wellness Court (CWC) are offered a range of services and support at all stages of the CWC process. The following list identifies the services and supports that are available at each of the five key stages.

A. REFERRAL

During this stage the Primary Case Manager (PCM) receives a referral document from the client's lawyer. The PCM may consult with the lawyer to get information on why the lawyer feels the client is suitable for the court. The PCM may also follow up with the lawyer for clarification on any suggested support person who has been identified by the lawyer. The PCM may consult with the crown prosecutor at this stage to determine if the client is legally suitable for the court, or if the prosecutor has any other relevant information to share.

Additional services available:

- Court related and transportation assistance from CWC support worker, FASSY (Fetal Alcohol Spectrum Society of Yukon) worker, or the client identified support person.
- Upon permission, contact of client's First Nation to involve them in the client's case.

B. STAGE ONE: SUITABILITY ASSESSMENT

During this stage the PCM spends time with the client determining what are the issues that make this person suitable for the CWC. The primary ones are addictions, mental health problems and FASD (Fetal Alcohol Spectrum Disorder) /cognitive.

The PCM is also assessing other issues the person may have that would become part of the client's wellness plan (i.e. housing, family support and other determinants of health).

At this stage the PCM also spends considerable time with the client helping him or her understand the CWC court process, the level of commitment they will have to make if they choose to participate, and what the CWC can offer.

During this stage the PCM completes assessments to help identify the client's needs:

- LS/CMI – Level of Service/ Case Management Inventory - a general risk assessment and case management tool.
- DAST – Drug Abuse Screening Tool – an assessment of the severity of drug misuse problems.

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- PRD – Problems Related to Drinking – an assessment of the severity of alcohol misuse problems.
- FASCETS screening tool – helps determine whether the client should be assessed for FASD.
- General Health Questionnaire – is a screening tool for some psychiatric conditions such as depression and anxiety.

If the client is considered suitable for the CWC, he or she is immediately offered referrals to various services which would assist in stabilization where appropriate: substance abuse counselling, detoxification, mental health assessment and treatment, medical assessment and treatment.

If the client is in custody a bail report may be done to find a suitable living situation for the client while participating in CWC.

Other services and support available at this stage:

Housing

- Assistance finding short-term housing solutions. Resources include: Yukon Adult Resource Centre, the Salvation Army shelter, friends, relatives, and hotels.
- Help applying for Social Assistance shelter benefits if needed.

Food

- Assistance finding local food resources such as soup kitchens (Salvation Army, Mary House, churches, Victoria Faulkner Women's Centre, men's group, FASSY, etc.); Salvation Army food bank; No Fixed Address Outreach Van.
- Help applying for Social Assistance food benefits if needed.

Clothing

- Assistance contacting local clothing resources such as the Salvation Army, Mary House, Kaushee's Place, and other agencies.
- Help applying for Social Assistance clothing benefits if needed.

Medical

The CWC physician holds weekly clinics for CWC clients. A referral is done for any client who does not have an established relationship with a family physician or if the client wishes to have a new doctor. The physician will treat patients for ongoing medical issues and will offer a full medical check-up. The doctor can also assist with detoxification at the Whitehorse General Hospital for a client with severe drug addiction.

Court-support

- Assistance navigating the CWC process from the client identified support person, FASSY worker, or CWC support worker.

Transportation

- Transportation assistance to appointments from CWC support worker.

C. STAGE TWO: WELLNESS PLAN DEVELOPMENT/WELLNESS JOURNEY

Wellness plan development

During the first 60 days of the client's wellness journey, the PCM and the client develop a comprehensive, holistic wellness plan that the client will follow on their wellness journey. This will involve a series of meetings and interviews during which the PCM will consult with the client and the client's supports, both personal and professional. Individuals identified by the client are invited to provide the client with support and to be part of the client's personal wellness team. One or more case conferences will be held with as many members of the wellness team as can attend, to solidify a plan for the client.

The plan addresses the client's mental, physical, emotional and spiritual wellness needs and it can include plans to address any of the following wellness areas:

- Substance Abuse
- Mental Health
- Housing
- Family support
- Education/employment
- Family/Marital
- Parenting and Child Care
- Medical Concerns
- Cognitive Issues
- Leisure/Recreation
- Spirituality
- Attitude
- Professional Support
- Emotional issues
- Financial
- Other

Other services and supports available during this stage:

Addictions

- Priority access to Department of Justice addictions counsellors.
- In-depth assessment of substance abuse severity and needs for addressing substance abuse.
- Ongoing individual counselling for substance abuse issues.
- Referral to community-based addictions supports: Alcoholics Anonymous, Narcotics Anonymous, Alcohol and Drug Services (ADS) day contract program, and the Kwanlin Dun Wellness Centre.

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- Referral to residential treatment where suitable, in Yukon through ADS or outside of Yukon.

Mental health services

- Priority access to Department of Justice mental health services.
- Priority access to consulting psychiatrist.
- Immediate stabilization support through drug therapy or hospitalization if necessary.
- Assessment and diagnoses of mental health problems.
- Development of personal mental health plan.
- Ongoing individual mental health counselling with mental health nurses.

FASD

- Immediate referral to FASSY for support services if client is diagnosed with having FASD.
- Linkages with client's existing support network to ensure collaborative service and support delivery. These supports may include: Challenge, Learning Disabilities Association of Yukon (LDAY), CAIRS, Skookum Jim Friendship Centre, Kwanlin Dun Wellness Centre, Options for Independence Society and First Nations community supports.
- Referral for comprehensive FASD diagnosis.
- Referral for neurological testing to determine needs.

Client support system

- Work with client to identify supportive family member(s) or community support person(s) who are willing to help the client through their wellness journey.
- Counselling from wellness team to identify healthy support networks.

Other available services if required

- Abusive relationship counselling through the Family Violence Prevention Unit (FVPU) for both men and women.
- Violence counselling for women through FVPU.
- Referral for psychological testing and assessment.
- Referral for individual trauma counselling.

D. Stage Three: Continuation of wellness journey

After the wellness plan is completed and submitted in court, the client continues on his/her wellness journey. The focus continues to be on providing the client with necessary services and supports so they can make progress on their wellness journey.

During this stage the PCM meets with the client on a regular basis as needed for continuous support to stay on track. This may mean meetings once or twice a day or as

little as once a week, depending on the stability and needs of the client. The PCM continues to work with the wellness team to determine and address the clients changing needs. Wellness team case conferences are scheduled as necessary.

Wellness plans are updated as needed to reflect the clients changing needs. As the client attends programming and makes positive change in his or her life, priorities move from the crisis level to living and maintaining an ongoing healthy lifestyle.

1. Building family and community support.

- Continuous work with client and family and community support networks.
- Family counselling through referral to Many Rivers.
- Networking with First Nation government services and community-based support agencies.

2. Basic needs

- PCM and CWC support worker help the client to find and maintain long-term housing. This may mean assisting with application to Grey Mountain or Whitehorse Housing and advocating for the client due to long waiting lists. It may involve assisting the client to look for suitable housing in the papers, phone for viewing appointments and attending those appointments. It may also mean assisting the client in understanding what it means to be a tenant, and how one needs to act in order to keep a rental unit.
- Assistance finding stable food sources, including income support initiatives (see education and employment below).

3. BASICS

- Two week communications group program that focuses on helping the client communicate their needs clearly (available in 2009).

4. Addictions

- Individual counselling
- Addictions group program (available in 2009)
- Ongoing outreach to community support programs.
- Access to residential treatment inside or outside of territory.

5. Mental health services

- Individual mental health counselling from mental health nurses.
- Ongoing psychiatric monitoring and assessment by the consulting psychiatrist.
- Responding to client destabilization.
- Referral to Mental Health Services, Health and Social Services, for treatment groups and programs.

6. Other counselling supports

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- Family violence: individual and group counselling through the FVPU (Department of Justice).
- General violence counselling (women only): individual or group through the FVPU.
- Trauma: referral to counselling services offered through Many Rivers.
- Family counselling: referral to counselling services offered through Many Rivers.
- Parenting: referral to parenting programs offered by Skookum Jim Friendship Centre.
- Residential school abuse: referral to CAIRS for counselling and support programs.

7. Education

- Referral to available learning institutions and services such as Yukon College and Challenge. The client may be referred to programs such as Learning and Leading, which assist persons who have difficulty gaining employment. The client may be referred to upgrading programs, general college courses or employment readiness specific courses such as WHMIS, chain saw safety, First Aid.
- The client is also referred to various funding sources which are available for education.
- Pending: Literacy assessment through Yukon Learn and ongoing literacy support services available through Yukon Learn or LDAY.

8. Employment support

- Referral to Employment Central for resume writing and job interview workshops.
- Assistance from CWC support worker to look for work, including going through job ads, choosing relevant jobs to apply for, dropping off resumes, attending interviews, and guidance on how to keep a job by getting to work on time, and getting along with supervisor and co-workers.
- Transportation assistance.
- Referral to other employment supports such as Challenge and the Skookum Jim Friendship Centre.
- Contact with employer to facilitate coordination of client's employment and CWC responsibilities, and to invite employer to be part of the wellness team.

9. Recreational supports

- Support client to engage in healthy physical fitness activities such as those offered at the Canada Games Centre.
- Provision of monthly passes to the Canada Games Centre when the client does not have financial resources.
- Referral to existing recreation programs at CAIRS, FASSY, Victoria Faulkner Women's Centre, Men's Centre, Skookum Jim Friendship Centre, and Kwanlin Dun Wellness Centre.

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10. Re-stabilization/crisis management

- Emergency case conference with personal and professional supports.
- Stabilization through detox, hospital, crisis counselling, psychiatrist appointments.

11. Continuous assessment or progress

- Regular meetings with the client to discuss ongoing issues and progress.
- Regular consultation and/or case conferences with the wellness team to confirm how the client is doing in the community.
- Regular drug testing.
- Court reports on client progress.
- Court check-ins, including application of sanctions and rewards.

E. STAGE FOUR: TRANSITION

During this stage, discharge planning begins. The PCM makes contact with service providers outside of the justice system who are not already involved in the client's wellness plan.