



Dilico

Anishinabek Family Care



Our Mission

Promoting healing and the well-being of the Anishinabek people using an integrated holistic approach in a way that honours values, culture, and traditions.

About

Dilico Anishinabek Family Care

Dilico Anishinabek Family Care (Dilico) provides a range of responsive individual, family and community programs and services for the complete life journey of all Anishinabek people. We care for the physical health, the mental health and the health of the communities where Anishinabek people live by promoting wellness, preventing illness and trauma, and providing diagnosis, treatment and rehabilitation.

An integrated continuum of service is designed to complement the strengths, values and traditions of individuals, families and children as we strive to achieve balance and well-being within our own environments.



Program Areas

Dilico Anishinabek Family Care service area is the Robinson Superior Treaty area which encompasses the City and District of Thunder Bay and a portion of Algoma. Dilico's integrated programs and services of Mental Health and Addictions, Health and Child Welfare are available for indigenous children, families and communities in Dilico's jurisdiction.

First Nation communities in Dilico's jurisdiction are:

1. Animiigoo Zaagi'igan Anishinabek (Lake Nipigon)
2. Biigtigong Nishnaabeg First Nation (Pic River)
3. Biinjitiwaabik Zaaging Anishinaabek (Rocky Bay)
4. Bingwi Neyaashi Anishinaabek (Sandpoint)
5. Fort William First Nation
6. Ginoogaming First Nation
7. Kiashke Zaaging Anishinaabek (Gull Bay)
8. Long Lake #58 First Nation
9. Michipicoten First Nation
10. Pays Plat First Nation (Pawgwasheeng)
11. Pic Mobert First Nation
12. Red Rock Indian Band
13. Whitesand First Nation

Legend

- Main Office
- District Office
- 1 Thunder Bay
- 2 Armstrong
- 3 Longlac
- 4 Nipigon
- 5 Mobert



Bimaadiziwin Wiidookaagewin (Good Life Helper) Cultural Program

Sharing cultural awareness, teachings, values and traditions for individuals accessing services. We focus on connecting you and your family to holistic healing with spiritual guidance and traditional teachings and language through local elders and cultural resources.

Program Highlights

- Cultural Teachings
- Sweat Lodge and Teachings – for Clients, and Community
- Traditional Healing
- Traditional Counselling
- Traditional Ceremonies – smudging, pipe, naming, grieving, fasting camp
- Grandfather & Hand-Drum Teachings
- Sacred Circles for Family, Groups, Men, Women
- Cultural Support with Home Visits
- Day Treatment Children's Programming
- Youth Cultural Night
- Regalia Making Program
- Adult Residential Treatment Centre Programming





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The Medicine Wheel teachings provide a holistic approach to healing and it is through here that we are connected to the world around us.

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Robinson Superior Elders Teachings

Health Services

Health Services' collaborative approach to care provides individuals, families and communities opportunities to reinforce and learn positive health attitudes and behaviours. Our service providers help meet the unique health needs of each client throughout their lifespan.

Community Health Services

Community Health Services provides individual, family and community health programs and services through information sessions, clinics, screenings, home visits and a spectrum of health educational tools.

Home and Community Care Services

Home and Community Care Services provides a range of in-home healthcare and support services to clients who have acute, chronic, rehabilitative or palliative care needs.

Community and Personal Support Services

The Community and Personal Support Service program works with clients and their families to provide services to the elderly and individuals of any age requiring support services. The program also provides Speech and Language services to children attending schools on-reserves.



Family Health Team

The Family Health Team provides primary care through an interdisciplinary team of physicians and allied healthcare professionals who coordinate quality care for Indigenous and non-Indigenous individuals and families.

Diabetes and Chronic Disease Management

Diabetes and Chronic Disease Management provides education to those at risk of or living with chronic disease(s) through programs and services. The Diabetes Educators offer in-home and community-based services which include screening, testing and foot care.

Quality Assurance

The Quality Assurance program ensures service standards, audits and tools meet the continuous quality improvement objectives of health mandates. The program identifies, designs, and implements Health's accreditation requirements to ensure compliance with best service practices.





Child Welfare Services

Child Welfare Services works to promote and enhance family strengths to ensure that the health, safety and well-being of Anishinabek children and families are upheld and protected. With a focus on prevention, early intervention and protection, and in partnership with individuals, families and communities, children are cared for with respect of their cultural background and overall quality of life.

Centralized Intake Services

As the first point of contact, Intake Services assess a child or family's eligibility to receive services. Intake Services investigate allegations of child abuse and neglect and determines the best possible care for a child. Child Welfare investigations include consultation with the First Nation on reports received and investigated.

Family Services

When ongoing protection concerns have been identified, Family Services works collaboratively with children, families and the First Nations to ensure the safety and well-being of children. Dilico does its utmost to help keep families together and to reunite families by providing intervention, advocacy, support and guidance.

Alternative Care Services

A network of home resources in the City and District of Thunder Bay provide foster care services. Foster homes provide a nurturing and supportive environment for children in need of alternative care outside of their family. Mikinaak Customary Care Homes are First Nation declared homes that provide immediate care of children.



Children Services

Children Services works collaboratively with the family, extended family and First Nation in the care planning of a child. Dilico works to meet the child's physical, mental, emotional and spiritual needs in an environment that respects their cultural heritage and supports them in their life journey as healthy individuals.



MIKINAAK
MODEL

Dilico's Mikinaak Service Model is premised on the concept of community care that encompasses family, children, extended family and community in the process of decision making and in ensuring a child and family's safety and well-being. The model involves drawing on local traditions of caring such as customary care in order to ensure children remain connected to family, culture and traditions. The underpinning from which the model is built on is "It takes a community to raise a child".

Robinson Superior Elders Teachings

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It is through the Seven Sacred teachings of Honesty, Bravery, Respect, Humility, Truth, Wisdom and Love that we must live our daily lives.

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Mental Health & Addiction Services

Mental Health and Addiction Services provide strong support and treatment services, equitable access and responsive options for individuals, families and communities. Assisting people with complex mental health issues, substance abuse problems and the challenges of daily life addresses short and long-term health problems. An accredited team of dedicated, professional staff work together to promote the best interests, protection and well-being of children, families and communities based on Anishinabe principles and values.

Adult Services

Adult Services provide many opportunities to support healthy adult lifestyles. Through individual and community services, Adult Services provide assessment, treatment and follow-up.

as any combination of case management, assessment, individual, and/or family treatment, therapeutic groups and client advocacy.

Community Wellness Development Team

In partnership with the Chiefs of Ontario, Health Canada–First Nations & Inuit Health Branch and the Ontario Ministry of Health & Long Term Care; the program provides expertise in planning and support to First Nation communities in the designated catchment area requesting assistance in addressing Prescription Drug Abuse. The program focuses on mental health and addictions and assists in community-based/driven/strengths program design.

District Services

District Services provide mental health, early intervention and aftercare for addictions.

The Adult Residential Treatment Centre

The Adult Residential Treatment Centre is a voluntary residential treatment program for adults 18+ years of age with longstanding mental health and addictions problems. Client-centered care is provided through this short term residential treatment program lasting up to 6 weeks. The ARTC is a National Native Alcohol and Drug Abuse Program (NNADAP) funded 20-bed, coed facility; combining counselling and clinical support services with Anishinabek cultural teachings to help First Nations adults address issues.

Addictions and Aftercare

Addictions and Aftercare is an 10-week support program including group counselling, relapse prevention education, case management and client-centred support services. Assistance with integration back into the community is also provided.

Adult Mental Health Counselling Services

Adult Mental Health Counselling Services is a voluntary service for adults 18 years and older. Therapeutic counselling services are provided on an out-patient basis. Based on identified needs services are provided

MAKING A REFERRAL FOR ADULT SERVICES

In-city – services can be accessed through Intake Services at the Adult Treatment Center:

(807) 623-7963
Toll-Free: 1 (855) 623-8511

District – services can be accessed through the District Mental Health & Addictions Services Manager:

(807) 887-5601 Ext: 1
Toll-Free: 1 (855) 623-8511



Mental Health & Addiction Services

Children Services

Children Services provides many opportunities to support the development of healthy children, youth and their families. Through individual and community services, Children Services provides assessment, treatment and follow up.

Counselling and Clinical Services

Counselling and Clinical Services help young people understand and take control of their lives, through individual counselling, concurrent support, and education is provided for parents and guardians. Clinical Services provides timely access to Child and Adolescent Psychiatric and Psychological Services.

Assessment and Brief Treatment Residential Services

Assessment and Brief Treatment Residential Services is a 60 day treatment program for young people that strengthens life skills.

Family Preservation Services

Family Preservation Services is a supportive home-based program providing short-term services for families with children from 0 – 18 years of age.

Day Treatment School-Based Services

Day Treatment School-Based Services provide mental health services and support for young people who are experiencing difficulty in a regular school environment.

Infant/Child Development Services

Infant/Child Development Services provide a prevention, early identification and intervention continuum for First Nations children from 0 – 6 years of age.



SNAP® (Stop Now And Plan)

SNAP® (Stop Now And Plan) is a cognitive-behavioural strategy that helps children and parents regulate angry feelings by getting them to stop, think, and plan positive alternatives before they act impulsively.

Youth Outreach Services

Youth Outreach Services help Anishinabek youth living in difficult circumstances to make positive life choices by guiding them to the community support they need for healthcare, education, housing, job training, and employment.

Tele-Link Mental Health Program

As the Regional Coordination Agency for the Hospital of Sick Children's Tele-Link Mental Health Program, Dilico is responsible for coordinating access for First Nation, Métis, Inuit and urban Aboriginal service providers in the designated catchment area. Using video conferencing technology, the program provides youth (ages 0-17 years) with services including assessment, diagnosis, treatment recommendation and follow-up and clinician consultations; as well as access to program consultations and education sessions for organizations who service children and youth who require Child and Adolescent Psychiatric services.

Integrated Services Team

The Integrated Services Team blends expertise of Mental Health and Addictions, Health and Child Welfare Services to identify, assess and provide intervention to children and families who are involved in Dilico services and have been assessed as high risk. The service implements protective interventions to reduce immediate harm to children and families.

MAKING A REFERRAL FOR CHILDREN SERVICES

Referrals are accepted from parents, community workers and agencies, schools, physicians, individuals (12 years and older) and other professionals provided the child or guardian is aware of the referral. If you have a child, or know of a child, who you feel would benefit from our services, contact Dilico via the Access Network to discuss making a referral.

ACCESS NETWORK:

1 (855) 486-5037



June Steeve Lendrum Family Resource Centre

June Steeve Lendrum Family Resource Centre is comprised of a partnership between Thunder Bay District Housing Corporation, Little Lions Waldorf Daycare and Dilico Mental Health & Addictions Services. The intended client group is young mothers between the ages of 16-24 years, who are pregnant or who have a child less than 6 years of age.

Triple P – Positive Parenting Program ®

Triple P is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

Youth in Transition Program

The Youth in Transition Program supports youth in their successful transition out of the Child Welfare system into adulthood. YIT Workers will help youth to develop and pursue their goals and will support them to identify, access, and navigate adult service systems relevant to their specific needs. The YIT Workers will support youth to connect to existing supports and resources within their communities including, housing supports, education resources, employment services and training, life skills training, health and mental health services and legal services.

District Child and Family Services

District Child and Family Services provide mental health counselling and case management for both children and adults in Dilico's service area.

Walk-in Counselling Services

Professional, competent staff offer single counselling sessions that help individuals cope with stressful situations, problem solve and develop a clear plan of action that builds on their strengths and abilities. Contact your local Dilico office for clinic dates, times and locations as dates vary across the District.





This image depicts Nanaboozhoo The Sleeping Giant with 13 Little Birds that represent the community members who are infants, children, adults and Elders.

Geezis, the Sun oversees all and adorned with 13 feathers that represent the 13 communities involved. Migizi connects us with Mishomis the Creator. The Medicine Wheel has four colours, which represents all humans. Each quadrant will help us Balance the Spiritual, Physical, Emotional and Mental aspects of our Beliefs.

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Kevin Belmore, 2015

Main Office

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Archibald Site
131 Archibald Street
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District Offices

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