



Dilico

Anishinabek Family Care



Mental Health & Addictions Services



About the Program

An accredited team of dedicated, professional staff working to promote the best interests, protection and well-being of children, families and communities based on Anishinabe principles and values.

Child & Youth Mental
Health Services

Adult Mental Health &
Addiction Services



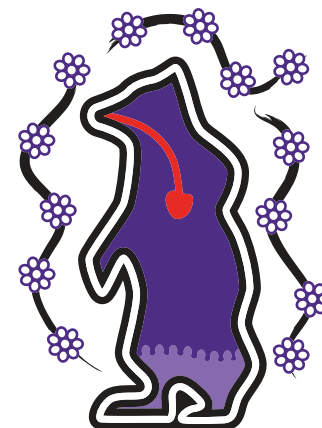
Canadian Centre for Accreditation
Excellence in community services

Cultural Services



Bimaadiziwin Wiidookaagewin Program (Good Life Helper)

Dilico Anishinabek Family Care recognizes the value of and ensures that services are delivered in a culturally sensitive/relevant manner. Services are provided in a manner that is respectful of the uniqueness of the individuals and families we serve. This includes following the Agency Mission Statement, basing services on the teachings of the Medicine Wheel and being guided by the Seven Sacred Gifts; Wisdom, Love, Respect, Bravery, Honesty, Humility and Truth.



Resources include:

- Elders
- Traditional Healers
- Sweat Lodges
- Traditional Parenting Program
- Ceremonies and Feasts are utilized when possible and appropriate
- Participation in Cultural activities is voluntary



Child / Youth & Family Services

Intake

- Children/Youth; ages infant up to 18 years of age
- All services are voluntary; no fee

| Access Network

Single point of access to Children's Mental Health Services and supports for families in Thunder Bay & District.



To contact the Access Network:
Toll-Free: 855-486-5037
Website: www.accessnetwork.ca

0 to 6 Years Services

| Infant Child Development Services

Family-centered intervention that is responsive to parent/caregivers' strengths, competencies and priorities. Service is for infants/children under the age of 6 years who are experiencing developmental/behavioural or social difficulties.

| Abiinojiishiik-amino-yawook (Children Raised in a Good Way) EarlyON Child and Family Centre

A culturally safe, relevant and respectful environment for families to determine early identification of developmental and other psychosocial needs, while assisting young children to be school ready and developing socialization skills.



Counselling & Clinical Services

| Counselling Services

Counselling out-patient services are provided to children & youth (up to 18 years) and their families/caregivers living in Thunder Bay. Based on identified needs, services are provided as any combination of case management, assessment, individual, and/or family treatment, therapeutic groups and client advocacy.

| Clinical Services

Provides children and adults involved with the agency's Mental Health & Addictions Services access to Psychiatry and Psychological services. Dilico is a host site for the Hospital of Sick Children's Tele-Link Mental Health Program. Referrals to the Tele-Link Mental Health Program are accepted from Children's Mental Health agencies in Thunder Bay and the District. Dilico Anishinabek Family Care serves as an Indigenous hub for Autism assessments and queries.

Family Based Services

| Family Preservation Services

Supportive, intensive, home-based program providing short-term services for families with children/youth up to 18 years of age, who are experiencing difficulties functioning as a family unit and/or children experiencing serious behavioural issues. The entire family must be willing to participate in the program to enhance the family's strength.

| June Steeve Lendrum Family Resource Center

An apartment complex for single mothers between the ages of 16-24 years, who are pregnant or who have a child less than 6 years of age. Collaborative support effort with Dilico, Little Lions Waldorf Daycare and the Thunder Bay District Social Services Administration Board. On the main communal floor, pre/post-natal care, community kitchens, drop-in programs, workshops, parenting and life skills education are offered by partner agencies.

Triple P Positive Parenting Program

Is for every parent, whether they have a specific problem or are just looking for advice on common everyday issues. Provides easy to use tips and new ideas that will help a parent build confidence and new skills.

| Family Healing & Wellness Centre

The program provides culturally relevant, family-centered healing for parent/caregiver(s) and their children. Families are invited to attend a 4-week/24 hour treatment cycle to address impacts of substance misuse, mental well-being, parenting, family relationships and family life skills. The program is rooted in Anishinabe values, customs and traditions.



Intensive Treatment Services

Osh-ki-niig Mash-ka-zii-win (Youth are our Strength)

| Intensive Treatment Services - Richmond

A voluntary, intensive, residential 8-week treatment program for youth from 5-17 years of age with longstanding Mental Health and behavioural problems and have been assessed as high risk. Parental, caregiver involvement is required. A partnership with the Thunder Bay Catholic District School Board allows for Academic programming.

The service is guided by the 7 Sacred Teachings; Wisdom, Love, Respect, Bravery, Honesty, Humility and Truth. Offers land-based and treatment focused activities that promote physical, social and cultural benefits.

| Intensive Treatment - School Based Services

Provides a strength focused approach of mental health support and prevention services to address the needs of youth identified as experiencing difficulty functioning in a regular classroom environment due to social, emotional or behavioural concerns. The youth attend the program daily from September to June. Academic programming is provided via a partnership with the Thunder Bay Catholic District School Board. Transitional support back to community school is provided.

| Stop Now and Plan (SNAP®)

A proven program that teaches children with behavioural problems and their parent/caregiver(s) how to make better choices "in the moment". For youth ages 6-11, experiencing serious behavioural problems at home, at school or with persons in authority. Suitable for children with multiple risk factors and challenges (e.g. lower grades, dropping out of high school, mental or physical health issues) and are at a greater risk of criminal/violent behaviour. Supports the improvement of parent/caregiver-child relationships by teaching effective parenting/ caregiving skills.



| Intensive Treatment Services - Hunter

The purpose of the service is to provide residential placement for adolescents in care of the agency, who are experiencing difficulties and cannot adequately be served within the regular foster home placement system. These youth include those who when entering care exhibited high risk behaviours and were placed in an Outside Paid Resource and are ready to transition back to their home community.

The program emphasizes the concepts of safety, stability and structure. Resources are provided to each youth in an effort to prepare them to return to their caregiver, integrate back into a foster family or prepare them for independent living.

Youth Prevention Services

| Native Child & Family Services

The Native Child & Family Worker is based at the Dennis Franklin Cromarty High School in Thunder Bay. The service offers a strength focused approach of mental health support and prevention services to address the needs of youth who have had to leave their communities to attend high school.

| Home for Good Program

Individuals experiencing homelessness, or at risk of becoming homeless, will be identified, assessed, and placed into housing with culturally appropriate supports. Critical time intervention that jointly addresses points of vulnerability (i.e. Mental Health crises, housing instability and Justice Services involvement) while fostering resilience and connection with resources in the employment, education and training domains.



| Kookom's Place

Located at 78-I Limbrick, this community-based site offers a variety of Dilico's cultural, youth, family and prevention services. Services are available Monday-Friday days. Everyone is welcome, no referral necessary.

| Youth in Transition Services

Services youth between the ages of 16-24 (inclusive) who were involved with the Child Welfare System. Will assist youth with developing and pursuing their goals and they are supported to identify, access and navigate adult service systems relevant to their specific needs.

| The Arson Prevention Program for Children (TAPP-C)

The Arson Prevention Program (TAPP-C) is a time regulated intervention for youth who have played with fire or have set fires. Professionals and the family work together to ensure that these youth have the best chance possible for a safe and healthy future. Access to Clinical support is available for youth identified as high risk and/or have complex Mental Health issues related to fire-setting behaviour.

| Youth Outreach Services

Community-based intervention to assist youth 12-21 years of age living in at-risk neighbourhoods. The program supports youth in their capacity to make healthy life choices and promotes the development of skills and civic participation, including community and peer leadership.

Facebook: YOWs Thunder Bay
Instagram & Twitter: @YOWS_Tbay



Adult Services

Services Overview

- Strength-Based Approach
- Intake Assessment
- Therapeutic Counselling Services; Solution Focused Therapy, Motivational Interviewing and Cognitive Behavioural Therapy
- Triple P Positive Parenting Program
- Early Intervention/Aftercare Services
- Forensic Concurrent Disorder and Dual Diagnosis Case Management
- Individual, and/or Family Treatment
- Therapeutic Groups
- Client Advocacy
- Referrals
- Land-based Therapy incorporating Cultural Teachings

Adult Residential Treatment Centre

A voluntary residential treatment program for adults 18+ years of age with longstanding mental health and addictions problems. A 4-5 week, 20-bed, co-ed facility that includes a cultural component, land-based therapy and teachings. Offers principles of peer support, cooperation, open communication and shared rehabilitation goals, service planning and review and discharge / transition planning and preparation.



Adult Aftercare Services

A 10-week support service extension of the Adult Residential Treatment process. Offers a structured relapse prevention program, education and group therapy. Assistance with integration back into the community is provided. Individual sessions are available, upon request.

Adult Mental Health Services

A client-centered, voluntary service for Anishinabek adults 18 years+ residing in the city of Thunder Bay. The service offers a range of Mental Health & Addictions programming; engagement, assessment, pre-treatment readiness, accessing residential treatment supports, stabilization and counselling.

Post Treatment Services

Post Treatment Supportive Housing

The program offers individuals who complete addictions treatment with a 3-6 month post-treatment, supportive housing option, combined with case management and addictions aftercare services. Individuals will be linked to housing and social support services, mental health and counselling services, health and employment supports and education

Three Cs Reintroduction Centre

Three Cs is a 12-bed, all male, post-treatment recovery home for individuals struggling with substance misuse. The average length of stay is 6 months with a client-centered, strength-based focus. The programming includes a cultural component, land-based therapy and teachings. Clients are offered individual one-on-one counselling, as well as group therapy. Programming is complimented with clinically-based relapse prevention, life skills and recreational therapy in a safe and supportive environment. Throughout the duration of the program clients are connected to community supports, as they work towards their individual goals.



| Seaway Non-Profit Housing

Seaway is an all-male, rent-geared to income apartment building. Seaway apartments offer a supportive environment for up to 2 years, as individuals transition back into the community following the completion of an addictions treatment and post-treatment program. Throughout the duration of their residence at Seaway, clients continue their recovery and work towards personal goals (i.e. school, volunteering, obtaining employment). Seaway offers on-site access to counsellors in addition to client-led and group facilitated programming.

| Rapid Access Addiction Medicine (RAAM) Clinic

RAAM clinics are low-barrier, walk-in clinics that individuals can attend to access immediate support for any substance use disorder, without an appointment or referral. RAAM clinics provide time-limited, medical pharmacotherapy, brief counselling, referrals to community services and peer support.

District Services

| Child & Family Mental Health Services

Provides therapeutic and integrated, community-based services to Anishinabek children & youth up to 18 years and their families/ caregivers throughout the Robinson Superior Treaty Area and a portion of Algoma. With localized offices in, Longlac, Netmizaaggamig Nishnaabeg (Pic Mobert First Nation), Nipigon and Whitesand First Nation.

Services Overview

- Provides Effective and Evidence-based Practices
- Screenings & Assessments
- Triple P Positive Parenting
- Individual Counselling Services
- Case Management
- Individual and/or Family Treatment
- Therapeutic Groups
- Client Advocacy
- Concurrent support and education for parent/caregiver(s)
- Culturally/Land-based Programming

| Adult Mental Health Services

Provides counselling and case management to assist individuals in First Nation communities with Mental Health concerns, substance misuse and social and behavioural difficulties. Includes a collaborative and integrative approach with the First Nation social teams, and health, education and legal systems.

| Transitional Discharge Service

Provides transitional support services for individuals who are being discharged from hospital-based or mental health programs back to their home community.

| Mobile Crisis Services

This service provides immediate in-person crisis response support and intervention for people with a mental health and addiction related crisis. The service works closely with Police detachments, hospitals, CMHA regional crisis line service, First Nations, Mental Health and Addictions service providers and other community organizations. The service is available in the District of Thunder Bay in the regions of Nipigon, Greenstone and Marathon.





Mental Health Walk-In Counselling Services

Troubled? Experiencing emotional upset from cross cultural struggles, substance use, family conflict, domestic violence, mental health disturbances or other issues? The Mental Health Walk-in Counselling Service can help.

- No Fee
- First Come, First Served
- Single Session only (can last up to 1.5 hours)
- Can assist individuals and/or families with developing a clear plan of action that recognizes and builds on their own strengths and abilities

In-City Clinics:

- Weekly: Tuesday 1:00-7:00 PM
Heath Park Site (1115 Yonge Street)

District Community Clinics:

- Monthly: First Tuesday 1:00- 3:30 PM
Dilico District Offices
- For more information call:
(855) 623-8511 Ext: 5818

How to Contact / Make a Referral

Children's Mental Health Services - Heath Park Site

1115 Yonge Street
Thunder Bay, ON P7E 2T6

Phone: (807) 623-8511
Toll-Free: (855) 623-8511
Fax: (807) 626-7999
Toll-Free: (855) 626-7999

For Child/Youth Mental Health Services Referrals contact the Access Network at

1-855-486-5037 or access the
Online Referral at www.dilico.com

Adult Residential Treatment Centre Intake

Phone: (807) 623-7963
Toll Free: (855) 623-8511
Fax: (807) 623-2810

Attention: ARTC Intake Worker

Adult Mental Health & Addictions Services Referrals

IN-CITY

Phone: (807) 623-7963
Toll-Free: (855) 623-8511
Fax Referral to: (807) 623-2810

Attention: Adult MH Services
Case Manager, ARTC

IN-DISTRICT

Fax Referral to: (807) 626-7999
Toll-Free: (855) 626-7999

Attention: Manager of District Mental
Health & Addictions

“ Providing culturally appropriate care for
individuals at different stages of their lives ”



A holistic approach to healing and wellness



Main Office

200 Anemki Place
Fort William First Nation
ON P7J 1L6
Phone: (807) 623-8511
Toll-Free: 1-855-623-8511

Heath Park Site
1115 Yonge Street
Thunder Bay, ON P7E 2T6
Phone: (807) 623-8511

Park Ave. Site
277 Park Avenue
Thunder Bay, ON P7B 1C4
Phone: (807) 623-8511

McKellar Site
325 Archibald Street S. Suite 2
Thunder Bay, ON P7E 1G6
Phone: (807) 623-8511

District Office

Longlac District Office
118 Forestry Road
P.O. Box 509
Longlac ON P0T 2A0
Phone: (807) 876-2267
Toll-Free: 1-855-623-8511

Netmizaaggamig Nishnaabeg
(Pic Mobert FN)
District Office
#11 - 10th Street
Mobert, ON P0M 2J0
Phone: (807) 822-2521
Toll-Free: 1-855-623-8511

Nipigon District Office
112 Fourth Street, P.O. Box 700
Nipigon, ON P0T 2J0
Phone: (807) 887-2514
Toll-Free: 1-855-623-8511

Whitesand First Nation
District Office
3 A Whitesand Drive
Whitesand First Nation, ON
P0T 1A0
Phone: (807) 583-2013
Toll-Free: 1-855-623-8511

Vision Statements

To be identified as a self-governed organization that is recognized as a leader in the research and delivery of Child Welfare, Mental Health and Addictions and Health Services.

Delivery of community-based services that enhance the well-being of Anishinabek children, families and communities in a culturally safe manner.

Mission Statement

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

For more information visit www.dilico.com