

**REFERENCE GUIDE**  
FOR ADDICTIONS  
PREVENTION  
WORKERS



**FIRST NATIONS** OF QUEBEC  
AND LABRADOR HEALTH  
AND SOCIAL SERVICES  
COMMISSION



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ISBN : 978-1-77315-354-4

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# INTRODUCTION

## Who is this guide for?

This guide was developed for First Nations in Quebec working in the helping relationship setting, particularly in wellness, mental health and addictions prevention, such as community workers, natural helpers and agents of the National Native Alcohol and Drug Abuse Program (NNADAP).

## Why a guide?

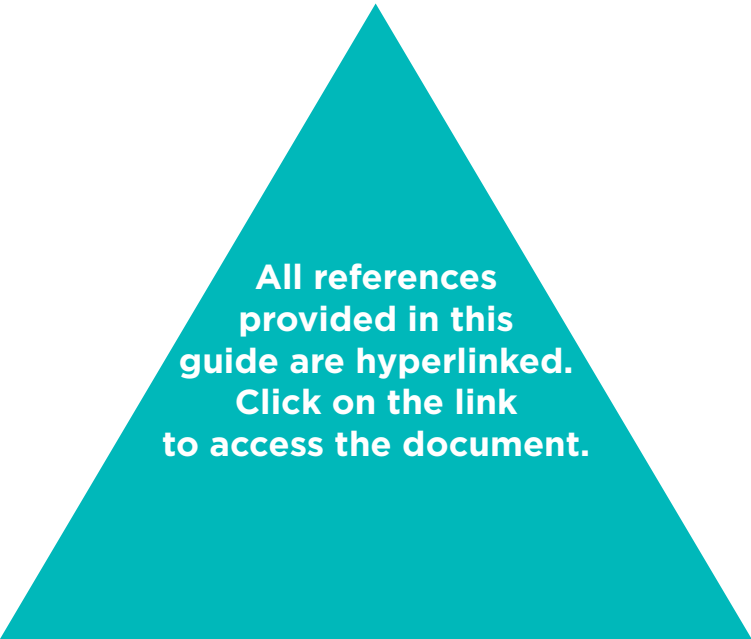
Following the last addictions summit, organized by the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC), it was recommended to provide caseworkers, particularly NNADAP agents, with a guide to addictions prevention, wellness and mental health to encourage peer support and practice standardization. This guide is one of several important tools developed to implement this recommendation.

The guide considers cultural principles derived from traditional knowledge, including cultural teachings in the context of an Indigenous worldview. These culturally specific technical skills should be used in conjunction with the *Competencies for Canada's substance abuse workforce* (CCSA).

## What is the NNADAP?

Created in 1982, the National Native Alcohol and Drug Abuse Program (NNADAP) is funded by the First Nations and Inuit Health Branch (FNIHB) and managed in large part by First Nations and Inuit communities and organizations.

Its goal is to help First Nations and Inuit communities develop and deliver prevention programs, intervention and post-treatment activities related to problematic substance use.



**All references  
provided in this  
guide are hyperlinked.  
Click on the link  
to access the document.**

# CONTINUUM OF ADDICTIONS SERVICES

## Addictions service trajectory

This document illustrates the path from the client's request to post-treatment follow-up and guides caseworkers and the individual through the process.

Multi-disciplinary teamwork based on identified needs: psychologist, social worker, Elder, cultural worker, child and family support worker, youth protection worker, etc.

### CLIENT REQUEST

**Gathering information to determine client needs**  
Using assessment tools as required: IGT, NID-EP

**Medical monitoring for withdrawal management, as needed**

### REFERRAL TO TREATMENT CENTRE

Using referral form of chosen treatment centre

Planning information sharing with client (consent) + planning follow-up during and after treatment

Follow-up during treatment

Follow-up with the centre upon return to community, as per discharge plan

Review of discharge plan and perhaps establish a new intervention plan, as needed

### FOLLOW-UP IN COMMUNITY (ADDICTIONS)

One-on-one meetings to establish objectives and ways to achieve them (intervention plan) and regular follow-up

Examples of ways to achieve the intervention plan objectives: harm reduction strategies, traditional or community-based activities, land-based activities, AA or NA groups (12 steps), Wise Choices, etc.

### REFERRAL TO OTHER RESOURCES

First Nations resources (e.g.: other services from the health centre, restorative justice resources)

Quebec network resources

See whether the health centre has collaborative arrangements with the Quebec network; There may be protocols.

### IMPORTANT

The NNADAP worker is responsible for contacting the client to continue the follow-up, either during treatment or after they've returned to the community.

A great deal of effort should be put into building trust as soon as the client enters their services. The relationship of trust helps start and maintain the client's motivation and facilitate the consent to exchange information with other services as required.

Motivational interviewing techniques are particularly effective.

Through the continuum of addictions service, clients can move from one trajectory to another depending on their needs.

For example: Clients who need detox services at the hospital can then return to the community and be referred to a treatment centre or continue their progress with the NNADAP worker.

## NNADAP TREATMENT CENTRES

### Mawiomi Treatment Center

► **Services**

Residential program

► **Clientele**

18 years and up  
Women and men

► **Language**

English only

► **Operation**

Seasonal admission  
(the schedule is  
available on the  
website)

► **Contact**

85 School Street  
Gesgapegiag, QC G0C 1Y1

Telephone: 418-759-3522

Fax: 418-759-3048

Listuguj and Gesgapegiag community member line:  
1-418-788-5135

Email: [Mawiomi@globetrotter.net](mailto:Mawiomi@globetrotter.net)

Website: [www.mawiomi.org](http://www.mawiomi.org)

Facebook: <https://www.facebook.com/Mawiomi-Treatment-Center-334168266772229>

### Miam Uapukun rehabilitation centre

► **Services**

Residential program

► **Clientele**

18 years and up  
Women and men

► **Language**

French and Innu

► **Operation**

Seasonal admission  
(the schedule is  
available on the  
website)

► **Contact**

P.O. Box 389  
191 De l'Église Street  
Moisie, QC G0G 2B0

Telephone: 418-927-2254

Fax: 418-927-2262

Toll-free: 1-800-563-2254

Email: [info@miamuapukun.ca](mailto:info@miamuapukun.ca)

Website: [www.miamuapukun.net](http://www.miamuapukun.net)

Facebook: <https://www.facebook.com/miamuapukun/>

## Onen'tó:kon Healing Lodge

### ► Services

Residential program

### ► Clientele

18 years and up  
Women and men

### ► Language

English only

### ► Operation

Seasonal admission  
(the schedule is  
available on the  
website)

### ► Contact

380 St. Michel Street  
Kanesatake, QC J0N 1E0

Telephone: 450-479-8353  
Fax: 450-479-1034  
Toll-free: 1-888-479-8353

Email: [info@onentokon.org](mailto:info@onentokon.org)  
Website: <http://www.onentokon.com>  
Facebook : <https://www.facebook.com/onentokon.healinglodge.9>

## Walgwan Centre

### ► Services

Residential program

### ► Clientele

12 to 17 years  
Women and men

### ► Language

English and French

### ► Operation

Daily admission

### ► Contact

75 School Street  
Gessapegiag, QC G0C 1Y1

Telephone: 418-759-3006  
Fax: 418-759-3064  
Toll-free: 1-844-759-3006

Email: [info@walgwan.com](mailto:info@walgwan.com)  
Website: [www.walgwan.com](http://www.walgwan.com)  
Facebook : <https://www.facebook.com/centrewalgwan-center>

## Wanaki Centre

### ► Services

Virtual program  
Residential program

### ► Language

English and French

### ► Operation

Seasonal admission  
(the schedule is  
available on the  
website)

### ► Clientele

17 years and up

\* Exceptionally, youth who are at least 17 years of age are accepted with the express written consent of their parents or guardians.

Women and men

### ► Contact

P.O. Box 37  
Maniwaki, QC J9E 3B3

Telephone: 819-449-7000

Fax: 819-449-7832

Toll-free: 1-819-745-4205

Email: [reception@wanakicentre.com](mailto:reception@wanakicentre.com)

Website: <https://www.wanakicenter.com>

Facebook: <https://www.facebook.com/centrewanaki-centre>

## Wapan Centre

### ► Services

Residential program

### ► Language

French only

### ► Operation

Seasonal admission  
(the schedule is  
available on the  
website)

### ► Clientele

18 years and up

Women and men

### ► Contact

P.O. Box 428  
3611 Chemin Wapan  
La Tuque, QC G9X 3P3

Telephone: 819-523-7641

Fax: 819-523-7513

Toll-free : 1-833-523-7641

Email: [cwapan@gmail.com](mailto:cwapan@gmail.com)

Website: [www.centrewapan.com](http://www.centrewapan.com)

Facebook : <https://www.facebook.com/externe.wapan.7>



## Other addictions resources in Quebec

### ► **Directory of addictions resources (in French only)**

This directory is intended for anyone who may refer individuals with addiction problems and should be used to direct the person in difficulty to a specialized resource. It presents public resources that provide both inpatient and outpatient treatment services, as well as private or community-based addiction and disease housing resources.

### ► **Trouve ton centre**

*Trouve ton centre* is the directory of Quebec's drug addiction and use network. It's a reference tool to facilitate access to services and contact information for various prevention, treatment, harm reduction centres and community naloxone distribution points.

## QUEBEC NETWORK ASSESSMENT FORMS

This section brings together different assessment tools from the Quebec network that you can use in your intervention. These tools are constantly being updated on the Recherche et intervention sur les substances psychoactives – Québec (RISQ) website. You will also find training videos (in French) on certain tools including the Niveau de désintoxication – Évaluation par les intervenants psychosociaux (NID-EP), the Indice de gravité d'une toxicomanie (IGT) and motivational interviewing.

For more information on these tools or to request training, please contact the social services sector of the FNQLHSSC, at 418-842-1540 or [info@cssspnql.com](mailto:info@cssspnql.com).

---

### Assessment and Screening of Assistance Needs (Alcohol/Drugs/Gambling/Internet)

The DEBA was created to classify the severity of alcohol, drug, internet and gambling problems in adults. This classification is divided into three categories, corresponding to levels of service. In addition to promoting user orientation, the DEBA provides an assessment to establish the intervention plan for front-line services.

- **DEBA – Alcohol and Drugs (adult)**
- **DEBA – Gambling (adult)**
- **DEBA – Internet (12 years old and over)**
- **Video explaining the DEBA – Internet (in French only)**

---

### DEtection of alcohol and drug Problems in ADOlescents (DEP-ADO)

The DEP-ADO is a brief screening questionnaire that assesses problematic alcohol and drug use among adolescents. This grid has been developed for front-line practitioners who want to use a fast, scientifically valid tool.

- **DEP-ADO**

---

### Indice de gravité d'une toxicomanie (IGT)

The IGT is a research and clinical instrument used for over 25 years in Quebec centres de réadaptation en dépendances (CRD) and other addiction treatment centres. The tool is used for assessment and referral of adult users with substance use issues.

- **IGT**



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## Indice de gravité d'une toxicomanie pour les adolescents (IGT-ADO)

A version of the IGT for adolescents.

### ➤ IGT-ADO

---

## Niveau de désintoxication – Évaluation par les intervenants psychosociaux (NID-EP)

The NID-EP is a tool to assess a person's detoxification needs and facilitate their referral to appropriate resources.

Four levels of detox services are offered: outpatient, intensive outpatient, residential inpatient and hospital inpatient.

Each level of service is defined with the resource type, nature of the services and client orientation criteria.

### ➤ NID-EP

---

## ALCOCHOIX+

Alcochoix+ is a Quebec early intervention drinking management program that aims to restore adults' ability to choose where, when, with whom and how much alcohol they consume.

Among the proposed approaches, a stand-alone formula is possible, where the individual progresses at their own pace for about six to eight weeks.

### ➤ ALCOCHOIX+

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## Évaluation des besoins en réinsertion sociale (RESO)

The RESO was born out of a need from the intervention communities that help people with their psychoactive substance (PAS) use or gambling habits to assess their reintegration needs.

### ➤ RESO

# PSYCHOACTIVE SUBSTANCES

This section provides information on psychoactive substances, their effects and the risks associated with their use, as well as practical tools and resources for different types of substances.

## DEPRESSANTS

### ALCOHOL



#### SOME SIDE EFFECTS:

- Relaxation, euphoria
- Decreased concentration, attention, judgment and alertness
- Confusion
- Loss of self-control can lead to violent actions
- Exacerbation/explosion of emotions



#### WITHDRAWAL:

**Physical health risks leading to death. Medical supervision may be required.**



#### BINGEING ON ALCOHOL:

**Drinking large amounts of alcohol in a short period of time can lead to:**

- Vomiting
- Breathing difficulties
- Unconsciousness
- Death

#### TOOLS AND RESOURCES

##### Éduc'alcool

- [Drinking Games](#)
- [Standard drink server](#)
- [Calcoholator: Blood alcohol calculator](#)

##### Canadian Centre on Substance Use and Addiction

- [A Practical Guide to Assessing Your Drinking](#)
- [Canada's Low-Risk Alcohol Drinking Guidelines](#)

##### Gouvernement du Québec

- [Alcohol](#)

##### Ministère de la Santé et des Services Sociaux

- [The dangers of chugging alcohol](#)

##### Nunavut Liquor Commission

- [Drink Calculator](#)
- [Health Risks of Alcohol](#)

##### Tox-Québec (In French only)

- [Questionnaire Auto-évaluation du trouble de l'usage de l'alcool](#)

## OPIOIDS

### ILLEGAL AND PRESCRIPTION DRUGS

Codeine, heroin, methadone, morphine, hydrocodone, hydromorphone, oxycodone, fentanyl, buprenorphine, tapentadol, tramadol

\* Opioid addiction can develop rapidly.

### SOME SIDE EFFECTS:

- Sense of relaxation, euphoria and well-being
- Pain reduction
- Calming effect

### WITHDRAWAL:

**Physical health risks. Medical supervision may be required.**

**OPIOID OVERDOSES are dangerous and can lead to death. When an overdose occurs, emergency services must be called. Signs and consequences of overdose include:**

- Difficulty staying awake, extreme drowsiness
- Nausea, vomiting
- Breathing problems; slow, weak, non-existent breathing
- Cool, damp skin
- Blue lips and nails
- Heart problems
- Coma
- Death

### NALOXONE

Naloxone is a drug that can temporarily reverse the effects of an opioid overdose.

Learn more about how to access Naloxone in the event of an overdose.

### TOOLS AND RESOURCES

#### Centre hospitalier de l'université de Montréal (CHUM)

- [Short-acting opioids](#)
- [Long-acting opioids](#)
- [Pourquoi il faut se sevrer lentement des opioïdes \(in French only\)](#)

#### Government of Canada

- [Naloxone](#)
- [Audio series on opioids: In Plain Sight](#)
- [Good Samaritan Law \(Protection of overdose victims and witnesses\)](#)
- [Opioids](#)
- [About problematic prescription drug use](#)

#### Gouvernement du Québec

- [Risks of opioid use](#)

#### Institut national de santé publique du Québec

- [Naloxone administration](#)

#### Drug Free Kids Canada

- [Let's Talk Opioids, including Fentanyl – A parent's guide to understanding opioid use by youth](#)

#### FNQLHSSC

- [Opioids : What you need to know about the effects and risks](#)
- [Harm Reduction](#)
- [Access to Naloxone](#)

#### Addiction Prevention Centre

- [Fentanyl – what you need to know](#)

## INHALANTS

**NITRITES, GLUE, PAINT STRIPPER, SOLVENT, GASOLINE, AEROSOLS**

### SOME SIDE EFFECTS:

- Euphoria
- Hallucinations
- Disorientation, confusion
- Impaired judgment
- Increased sensuality
- Drowsiness

 **ABUSE:** High risks. Inhalation of these substances can cause death in some cases.

### TOOLS AND RESOURCES

**Ministère de la Santé et des Services Sociaux**

- [One kit One hit – Reducing injection risks](#)

**Centre for Addiction and Mental Health**

- [Inhalants](#)

**Tox-Québec**

- [Les substances volatiles, qu'est-ce que c'est? \(in French only\)](#)

## TRANQUILLIZERS/HYPNOTICS/SEDATIVES

**BENZODIAZEPINES, BARBITURATES AND OTHER DRUGS**

### SOME SIDE EFFECTS:

- Feeling of calm, relaxation
- Disorientation, confusion
- Tranquillizing
- Euphoria
- Loss of inhibition

 **WITHDRAWAL:** Physical health risks leading to death. Medical supervision may be required.

 **OVERDOSE** can lead to death.

### TOOLS AND RESOURCES

**Government of Canada**

- [Benzodiazepines](#)

## GHB

### GAMMA HYDROXYBUTYRATE

#### SOME SIDE EFFECTS:

- Disorientation, confusion
- Tranquillizing
- Euphoria
- Loss of inhibition
- Loss of alertness and temporary loss of memory

#### WITHDRAWAL:

**Physical health risks leading to death.  
Medical supervision may be required.**

**OVERDOSE** can lead to death.

### TOOLS AND RESOURCES

#### Gouvernement du Québec

- [GHB](#)

#### Government of Canada

- [GHB](#)

## STIMULANTS

### AMPHETAMINES AND DERIVATIVES

**AMPHETAMINES - SPEED;**  
**methamphetamines - Crystal meth,**  
**MDMA, etc.**

#### **SOME SIDE EFFECTS:**

- Feeling of increased energy
- Reduced fatigue and hunger
- Increased vigilance
- Psychosis and paranoia
- Aggression
- Muscle spasms

**ABUSE:** Overdose can lead to death.

#### **TOOLS AND RESOURCES**

##### **Gouvernement du Québec**

- [Amphetamines](#)
- [Methamphetamine](#)

##### **FNQLHSSC**

- [Methamphetamines and amphetamines : What you need to know about the effects and risks](#)

##### **CATIE**

- [Safer Crystal Meth Smoking](#)

##### **Addiction Prevention Centre**

- [Crystal Meth - What you need to know](#)





## COCAINE

### COCAINE, CRACK, COKE, FREEBASE



#### SOME SIDE EFFECTS:

- Feeling of euphoria
- Reduced fatigue and hunger
- Feeling superpowered



#### ABUSE:

**Overdose can lead to death.**

### TOOLS AND RESOURCES

#### Gouvernement du Québec

- [Cocaine](#)

#### Centre for Addiction and Mental Health

- [Cocaine and Crack](#)
- [Straight Talk: Crack](#)

#### CATIE

- [Safer Crack Smoking](#)

# DISRUPTIVE SUBSTANCES

## CANNABIS

### MARIJUANA, HASHISH, OIL, EXTRACTS, BEVERAGES, ETC.

#### SOME SIDE EFFECTS:

- Euphoria
- Relaxation
- Altered perceptions
- Decreased vigilance

While cannabis is legalized in Canada, find out more about the cannabis legislation and regulations in your community. Please see the Justice section of this guide on page 24.

### TOOLS AND RESOURCES

#### FNQLHSSC

- [Memory aid: New information regarding the legalization of cannabis](#)
- [Cannabis: What we need to know about the effects and risks](#)

#### Gouvernement du Québec

- [Spotlight on Cannabis](#)

#### Government of Canada

- [Talk about cannabis](#)

#### Canadian Centre on Substance Use and Addiction

- [Publications on cannabis](#)

#### Centre for Addiction and Mental Health

- [Cannabis KE HUB](#)
- [10 Ways to Reduce Risks to Your Health When Using Cannabis](#)

#### CBC News

- [This is your brain on pot](#)

## SYNTHETIC CANNABINOIDS



### SOME SIDE EFFECTS (SIMILAR TO CANNABIS):

- Euphoria
- Relaxation
- Altered perceptions



**Synthetic cannabinoids don't contain THC, but they're designed to mimic its effects. While the effects may be similar to those of cannabis, they're riskier to use.**

### TOOLS AND RESOURCES

#### Canadian Centre on Substance Use and Addiction

- [Synthetic Cannabinoids in Canada \(CCENDU Bulletin\)](#)

## HALLUCINOGENS



### KETAMINE, LSD, MDMA, PSILOCYBIN (MUSHROOMS), SALVIA, PCP, ETC.

#### SOME SIDE EFFECTS:

- Amplified sensations and emotions
- Hallucinations
- Euphoria

### TOOLS AND RESOURCES

#### Centre for Addiction and Mental Health

- [Hallucinogens](#)

## CLASSIFICATION OF DRUGS

### Drug Free Kids Canada

- [Drug guide for parents: Learn the facts to keep your kids safe](#)

### Government of Canada

- [Controlled and illegal drugs](#)

### Ministère de la Santé et des Services Sociaux

- [More about drugs](#)



# MENTAL HEALTH AND WELLNESS

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## Concurrent disorders

People with mental health disorders are more likely to experience addiction and vice versa. When a person with a mental health disorder also has a problem related to using a psychoactive substance, this is a concurrent disorder.

The link between substance use and mental health can be expressed in different ways:

- Using to manage symptoms of a mental health disorder
- Not using medication for a mental health condition as prescribed leading to addiction
- Using to modify side effects of prescribed medication
- Using could trigger early symptoms of psychosis

Alcohol or drugs can provide temporary relief from symptoms of depression. However, using these substances only masks and sometimes aggravates depressive symptoms. Anxiety is also often related to a drug or alcohol problem.

A traumatic event can induce initial use of a substance, contribute to a user's continued use, or play a role in relapse.

In short, mental health and addiction are inseparable; we can't act on one and forget the other. Treatment and support offered for users must integrate these two elements. It's therefore important to be able to recognize the main symptoms of mental health disorders often associated with use.

---

## Anxiety

Anxiety is a normal reaction when we're in a new or worrisome situation. However, it's problematic if it doesn't disappear when the situation returns to normal, if it prevents the person from functioning or if it causes a significant sense of distress.

### Main symptoms:

- Agitation
- Fatigue
- Irritability
- Sleep disorders
- Difficulty concentrating
- Increased heart rate



---

## Depression

Depression occurs when a person experiences negative emotions in an intense, sustained and prolonged manner over time. It's also characterized by difficulties in managing emotions and fulfilling obligations (work, family, etc.).

### Main symptoms:

- Fatigue and lack of energy
- Great sadness or irritability
- Difficulty making decisions and concentrating
- Loss of interest for regular activities (work, social, family, etc.)

---

## Post-traumatic stress disorder

Post-traumatic stress disorder occurs as a result of exposure to a traumatic event that caused death or that threatened the person's integrity (injury, sexual assault, etc.).

### Main symptoms:

- Feeling of intense fear
- Flashbacks
- Continued need to be on alert
- Sleep disorders
- Difficulty concentrating

---

## Psychosis

Psychosis represents a loss of contact with reality. It's most often associated with hallucinations and delirium. Substance use can trigger or aggravate the symptoms of psychosis. Symptoms could take a few days or even weeks to disappear after substance use has stopped. If you believe that a person is developing psychosis symptoms, it's important that the person receive appropriate care. This person must be seen by a health care professional and you must ensure they're not a danger to themselves or others.



---

## Mental health resources

### **FNQLHSSC**

- [Toxic Psychosis: When and how to act](#)

### **Centre for Addiction and Mental Health**

- [An information guide: Concurrent substance use and mental health disorders](#)
- [A guide for people with addiction and their families](#)

### **Gouvernement du Québec**

- [Mental Health](#)

### **Referoscope**

### **Mouvement Santé Mentale Québec (in French only)**

### **Mental Health Commission**

### **Canadian Mental Health Association**

### **National Collaborating Centre for Indigenous Health**

- [Publications on mental health](#)

---

## Wellness resources – First Nations perspective

### **FNQLHSSC**

- [60 inspiring cards](#)
- [My positive journal](#)
- [The Seven Sacred teaching](#)

### **Thunderbird Partnership Foundation**

- [First Nations Mental Wellness Continuum Framework](#)
- [Native Wellness Assessment](#)
- [Wellness on the land](#)
- [Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada \(full version\)](#)

# FIRST NATIONS JUSTICE

## Native Para-Judicial Services of Quebec

### ➤ SPAQ

The Native Para-Judicial Services of Quebec (SPAQ) is a non-profit, non-political organization that was founded following negotiations between the various First Nations, Métis and Inuit peoples and the Quebec Ministère de la justice.

The SPAQ provides justice assistance to Indigenous people while fully participating in the development of alternatives to the Euro-Canadian justice system to better meet the needs of Indigenous communities in the province of Quebec.

- [List of Quebec Indigenous Courtworkers \(2020\)](#)
- [List of Quebec Indigenous court escorts \(2020\)](#)

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## Access to addictions housing resources for individuals in the legal system

### ➤ Special Benefit for Addiction Treatment (SBAT)

Living expenses component for First Nations members under court order and receiving benefits under the On-reserve Income Assistance Program during a stay at an addiction treatment centre

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## Cannabis legislation

### Government of Canada

- [Cannabis laws and regulations](#)

### Gouvernement du Québec

- [The legislation on cannabis](#)

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## Legal process in Quebec

### ➤ Adult Criminal Justice Process in Quebec

#### Ministère de la Sécurité publique (in French only)

- [Processus judiciaire applicable aux adultes en matière criminelle](#)

#### Justice alternative du Suroît (in French only)

- [Le processus judiciaire ; La loi sur le système de justice pénale pour les adolescents](#)

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## Legal education

### ➤ Éducaloi

# CERTIFICATIONS FOR NNADAP WORKERS

## Indigenous Certification Board of Canada (ICBOC)

The Indigenous Certification Board of Canada certifies qualified practitioners in the areas of addictions, mental wellness, client support and community development. Certification attests to their professional qualifications and competencies.

### Renewal of certification

To maintain your certification, you must renew it every two years.

The date your original certificate was issued will be used to set the expiry date of subsequent certifications. To be recertified, the following conditions apply:

- Your latest certification must still be valid when you submit the renewal application.\*
- As a certified worker, you must remain in good standing with the ICBOC.

\* Workers who haven't renewed their certification one month after the expiry date will be required to pay a \$25.00 late renewal fee. Expired certification records will be kept open for six months, then archived.

To be recertified, you must:

- Complete the downloadable renewal form available on the ICBOC website
- Provide proof of 40 hours of new training/education (obtained since the date of issuance of your last certification)
- Ensure these new training hours are compliant. Hours of training will only be accepted if accompanied by certificates, transcripts or a signed declaration provided by a qualified person. This declaration **must** include the following information:
  - A detailed description of the activity and number of hours or days
  - The signature of the qualified person (employer, Elder, etc.) and the **date** of the activity
  - The name, professional title and contact information of the qualified person

### Other accepted training

Other types of training that you can apply to your initial application for certification or recertification include:

- 1. Cultural or traditional activities you have participated in **as part of your healing work with clients**. A maximum of 26 hours dedicated to these activities will be accepted. In the case of recertification, this could represent more than half of the 40 hours required.
- 2. Internal training provided by your employer.
- 3. Cultural teachings or guidance received from an Elder in your workplace, during your working hours.
- All documents, including the recertification form, can be found on the Indigenous Certification Board of Canada (ICBOC) website: <http://icboc.ca>



# FIRST NATIONS, QUEBEC AND CANADIAN RESOURCES

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## First Nations resources

- [First Nations of Quebec and Labrador Health and Social Services Commission](#)
- [Thunderbird Partnership Foundation](#)
- [Regroupement des centres d'amitié autochtones du Québec](#)
- [First People Wellness Circle](#)
- [First Nations Health Authority](#)
- [National Collaborating Centre for Indigenous Health](#)
- [Wapikoni](#)
- [Yarha' \(in French only\)](#)

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## Quebec and Canadian resources

- [Ministère de la Santé et des Services Sociaux](#)
- [Institut nationale de santé publique du Québec](#)
- [Responsible Gambling Council](#)
- [Healthy Canadians YouTube](#)
- [Addiction Prevention Centre](#)
- [Association québécoise des centres d'intervention en dépendance](#)
- [Recherche et intervention sur les substances psychoactives - Québec](#)
- [Drug Free Kids Canada](#)
- [Institut universitaire sur les dépendances \(in French only\)](#)
- [Association québécoise pour la promotion de la santé des personnes utilisatrices des drogues \(in French only\)](#)
- [Action Toxicomanie \(in French only\)](#)
- [Association des intervenants en dépendance du Québec \(in French only\)](#)
- [Tox-Québec \(in French only\)](#)

## MISSION

To accompany Quebec First Nations in achieving their health, wellness, culture and self-determination goals.

## VISION

First Nations individuals, families and communities are healthy, have equitable access to quality care and services, and are self-determining and culturally empowered.



**FIRST NATIONS OF QUEBEC  
AND LABRADOR HEALTH  
AND SOCIAL SERVICES  
COMMISSION**