

Mino Kaanjiigoowin Program (changing my direction in life)

Formerly known as the "Special Needs" program in February of 2011, the team approached traditional healer to name our program.





Background

- Too many of Na-Me-Res clients initially came to us with unaddressed severe mental illness or addictions or both (concurrent disorders). Clearly seeing the unmet needs of our clients, We developed Mino Kaanjigoowiin formerly known as Special Needs Program. Clients of this service are provided with a carefully developed care response to meet their needs.
- A disproportionate number of Indigenous people live in a state of chronic homelessness. Often they are victims of violence, poor physical health and conflict with the law. Many self-medicate and are addicted to alcohol, un-prescribed and street drugs.



Leveraging Clinical Supports

- The Inner City Health Associates (ICHA) is a group of doctors, psychiatrists and internists who work in various community agencies in Toronto providing healthcare for the homeless population.
- At Na-Me-Res the Psychiatrist sees 1-2 new referrals and 3-4 follow-ups per clinic. Primary reasons for visits are depression, psychosis, undiagnosed mental illness. 80% of clients suffer from substance use
- Na-Me-Res has a formal partnership with ICHA and has regular internships from U of T's School of Nursing and Pharmacology



Leveraging Clinical Supports

- In addition the Mino Kaanjiigowin Program also works with a Native Psychologist who provides trauma counselling for our clients
- We have recently started a new group for our guys run by a Case Manager and Psychiatrist
- Other clinical supports have been our local pharmacist who runs a methadone clinic and a few local Community Health Centres



Care Team Members

- Client care is provided through the Mino Kaanjiigowin program is led by a Manager, Inner City Health Psychiatric Doctor & Physician, along with three Case Managers. As an Indigenous organization Na-Me-Res strives to meet the physical, mental, spiritual and emotional needs of all clients by providing them access to a multi-disciplinary care team which includes:
- Traditional elders and teachers •Counselors •Client Care Workers •Oshkabaywis •Coordinator Client Training, and •other community services providers as identified.



Who We Are:

- 3 Full Time Case Managers Specializing in Health, Housing and Culture
- Psychiatrist: every Tuesday morning
- GP: every Tuesday afternoon
- Foot Clinic: once a month
- Dietician: once a month
- Life Skills Programming i.e. recreational outings, cooking classes, Sharing Circle, WRAP

Mino Kaanjiigowin Health Case Manager



- Provides emotional, physical, mental and spiritual health assessments and for clients of the program in order to support their transition from homelessness to stable & secure long term housing.
- Document gathering for the psychiatrist & physician, Documentation of appointments on OSCAR CAISI, SMIS notes for clients as needed, fax, email lab results, escort to labs & specialty professional appointments as needed, medical reports, summaries, consents, health history intake and assessments, assist clients to community supports & injections of mental health depots as required. Medication compliance follow up, pick up, follow up with pharmacists, advocate for medication coverage, proper packaging, referrals. Attend in house Client Care meetings
- Assist/coordinate Life skills based programming(cooking classes), chiropody clinic & dietician



Case Managers

- Conduct assessment upon receipt of referral or contact
- Determine needs through assessment i.e. medical, psychiatry, financial, housing, court, counselling
- Provide referrals to needed services
- Advocate/collaborate with existing services
- Assist with organizing, scheduling and attending appointments out in the community
- Support in shelter and community clients
- Provide after care/follow up to clients housed and living in community
- Attend Client Care Meetings to discuss clients with the Team.



Our Approach

- Positive behaviour reinforcement (not punitive/punishment based), with respect and dignity for all
- Harm Reduction: with the understanding that clients must adhere to zero tolerance within shelter, relapse may happen and we will advocate for their return to shelter
- Supporting understanding of behaviours by shelter/system of clients with mental health needs
- Holistic: support mental, physical, spiritual, emotional as based on Medicine Wheel Teachings and the Seven Grandfather Teachings



A Success story

- Brad had been living on his own with his rabbit, Bugs and struggling with his mental health. The medication he had been prescribed was causing him to sleep all day. His mother, who had become increasingly concerned about him, finally referred him to the Mino Kaanjigowiin Program at Na-Me-Res. So he moved into the Na-Me-Res emergency shelter and began addressing his mental health with the support of the Mino Kaanjigowiin team.



- The team supported him to regulate normal sleep and eating patterns, while at the same time transporting him to all his necessary appointments. Brad indicates that he found great comfort while at Na-Me-Res. A year later, he was living in his own place stable and happy. Through the stabilization of his mental health he has been able to return to his love of music. He plays in a punk band, is producing a demo tape and continues to write his own music.



How About Another One

- Mr. Eastern came to Toronto from Thunder Bay in April of 2011. He decided to come to Toronto for a change of scenery.
- At the time of his move he was drinking regularly, which had played a role in his diabetes not being well managed. He indicated he was losing his sight because his diabetes was out of control.
- With no support system and no knowledge of the city and its services, he ended up in St. Michael's Hospital for three weeks. He was eventually referred to the Na-Me-Res because he was homeless.
- Upon Mr. Eastern's arrival to the Na-Me-Res, his severe physical health needs and intellectual disabilities resulted in his immediate referral to the Mino Kaanjigoowin team for case management support.



- With the intensive and comprehensive support of the Mino Kaanjigoowin team, Mr. Eastern lost weight, and got his diabetes well controlled so that he was able to get off a daily insulin injection.
- When asked how he feels the Mino Kaanjigoowin Program has helped him, Mr. Easter stated, “I feel better. I was sick when I started and now I feel better!”
- Before his connection to the Na-Me-Res and Mino Kaanjigoowin team, Mr. Easter had no supports. Now he feels surrounded by people who care about him. “I like Na-Me-Res and the people here. They show me around the city and where to go and what to do”.

Meegwetch (Thank You) Questions?

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