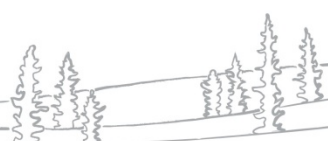




NWT Recovery Experiences Survey

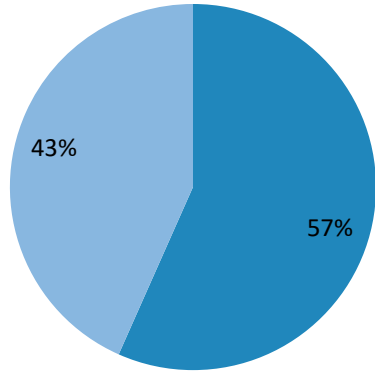
Findings and Results

December 2021



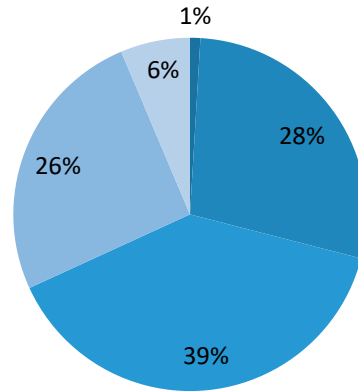
Respondent Demographics

Ethnicity



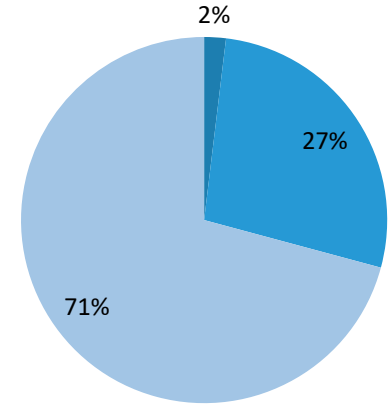
■ Indigenous ■ Non-Indigenous

Age

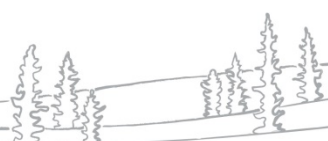


■ 16-19 ■ 20-34 ■ 35-49 ■ 50-64 ■ 65+

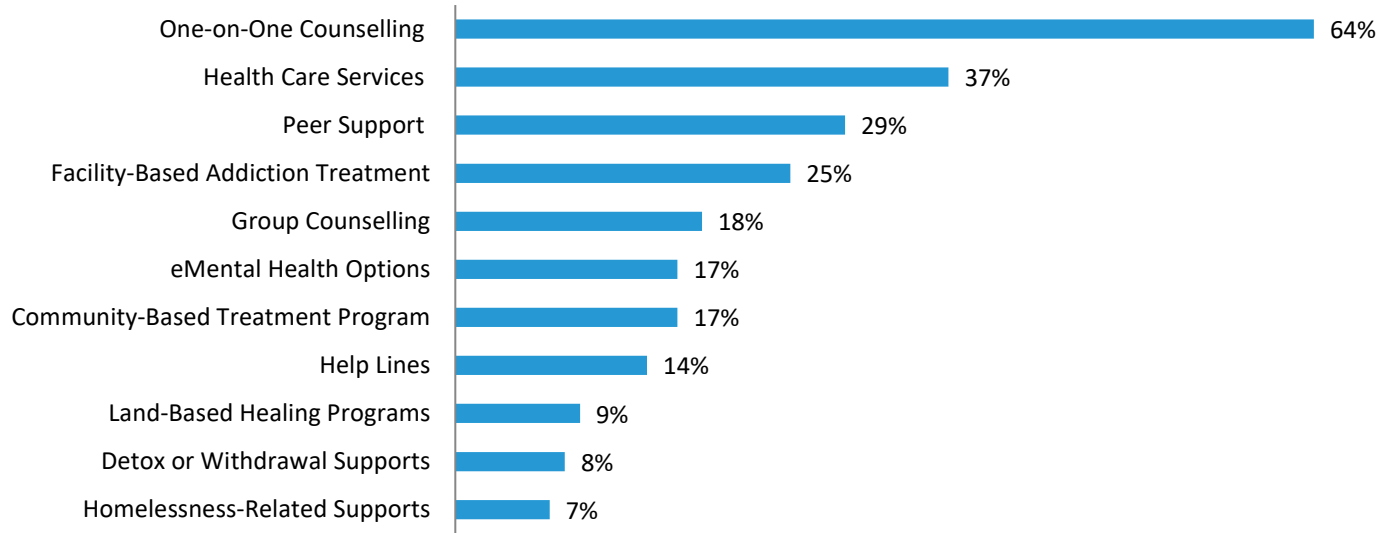
Gender



■ Another Gender ■ Men ■ Women



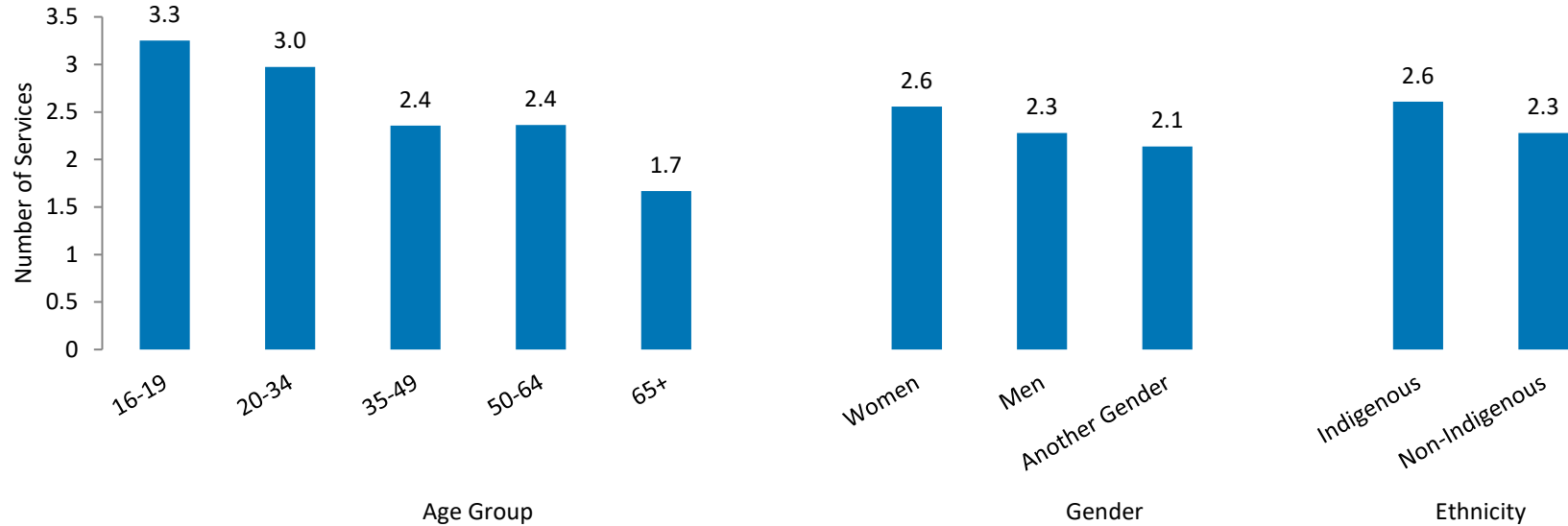
Services Accessed by NWT Respondents



“Same day counselling is a plus and I do access when I need support.”

“The wellness camp has been amazing. To be able to go and talk to elders”

Numbers of Services Accessed



Services Accessed - Satisfaction

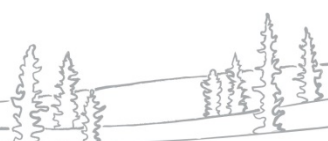
	One-on-One Counselling	Health Care Services	Peer Support	Facility-Based Addiction Treatment	Group Counselling	eMental Health Options	Community- Based Treatment Program	Help Lines	Land-Based Healing Programs	Detox or Withdrawal Supports	Homelessness- Related Supports
Respect for your individual needs, preferences, and values (e.g. cultural)	73%	63%	83%	73%	76%	67%	80%	64%	100%	52%	64%
Safety of the environment	87%	79%	90%	81%	77%	81%	84%	73%	91%	54%	65%
Overall changes in your life since receiving service	64%	52%	74%	73%	69%	43%	80%	39%	90%	64%	50%
Confidentiality of your personal information	83%	73%	75%	83%	70%	83%	81%	88%	87%	76%	75%



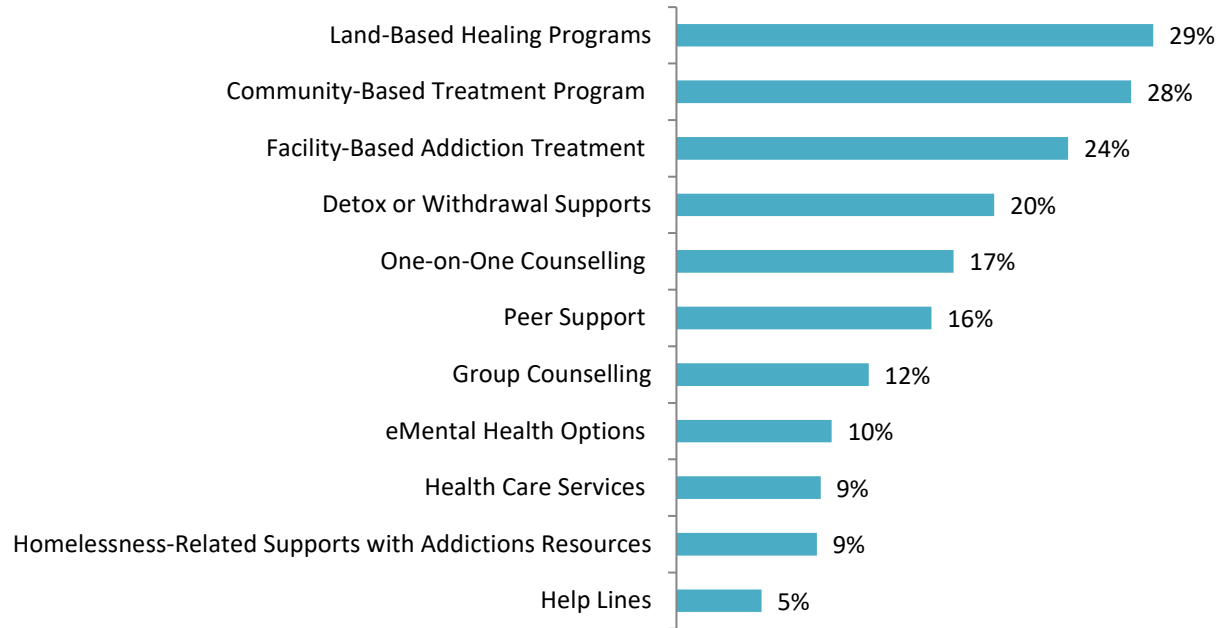
- Satisfaction greater than 80%



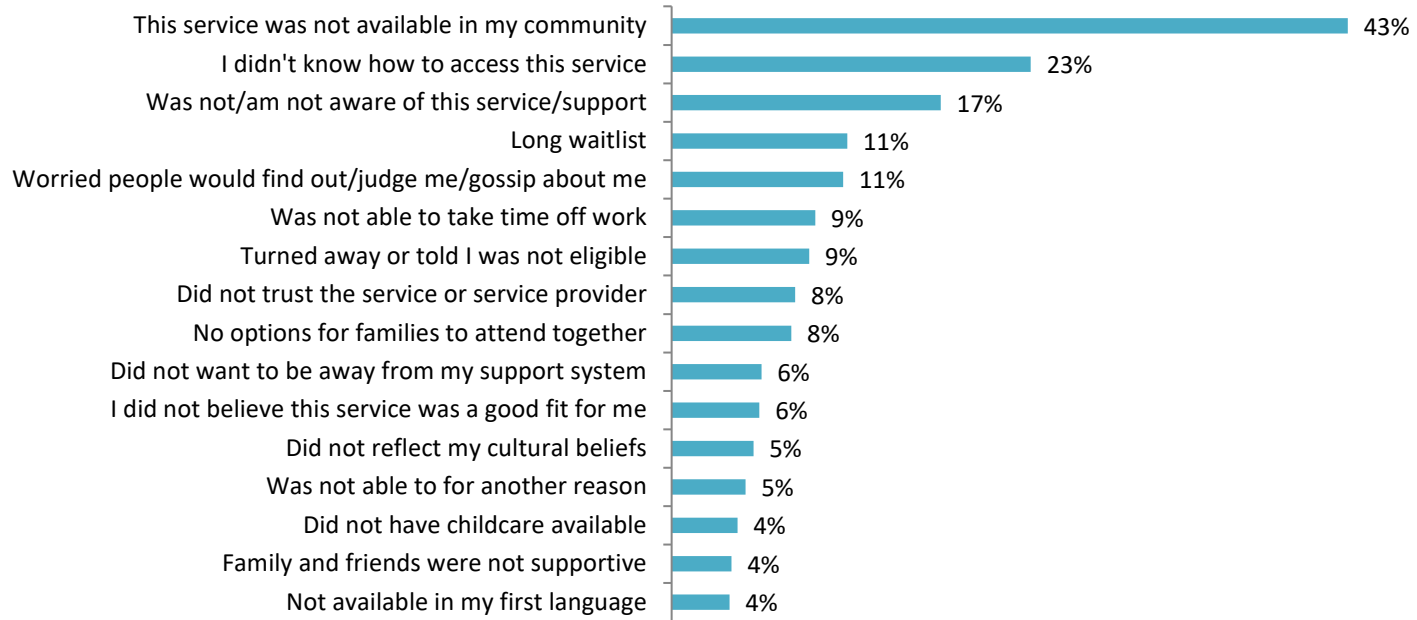
- Satisfaction less than 60%



Inability to Access Services



Barriers to Accessing Services



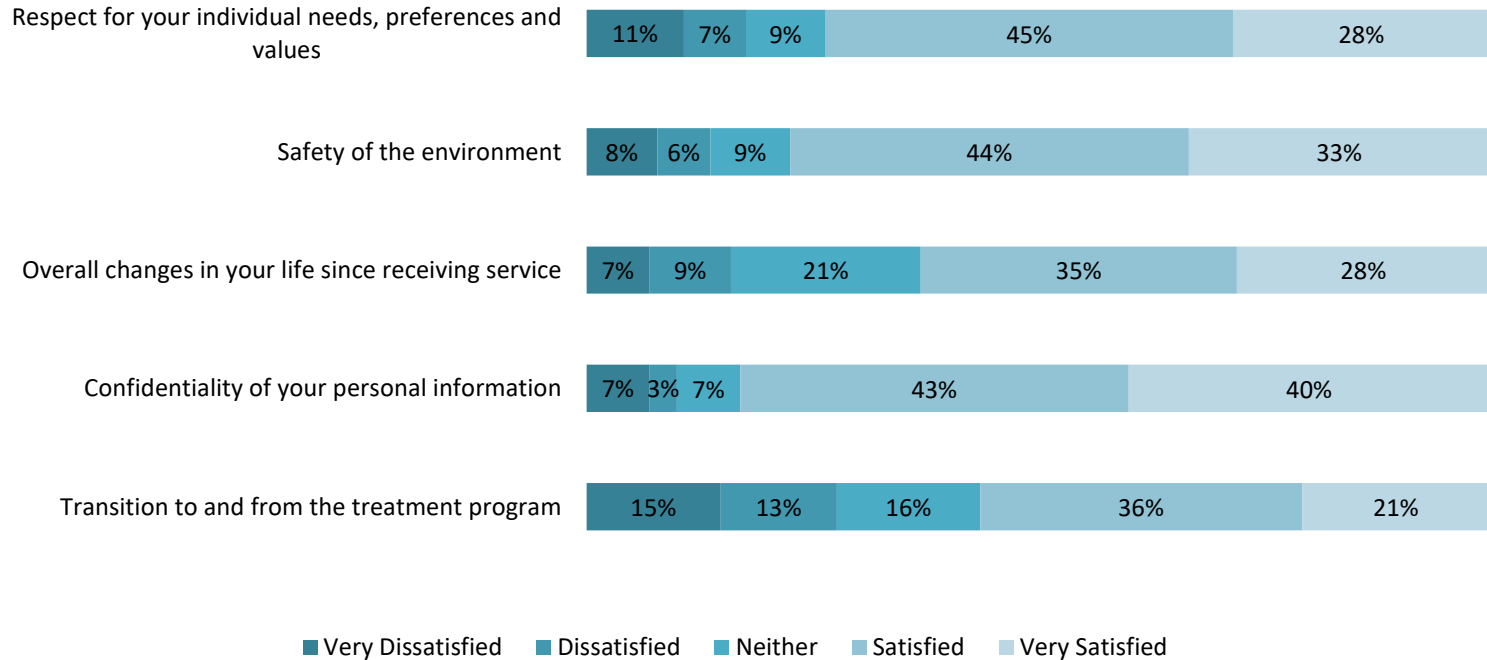
Treatment Program Completion

Most respondents (85%) completed their treatment program. For the respondents who did not complete their treatment program, the most common reasons for not completing the program were that:

- The program was not meeting their needs
- The program was too far from home
- Family responsibilities
- Not being ready for treatment



Treatment Program Satisfaction



Experiences in Facility-Based Addictions Treatment

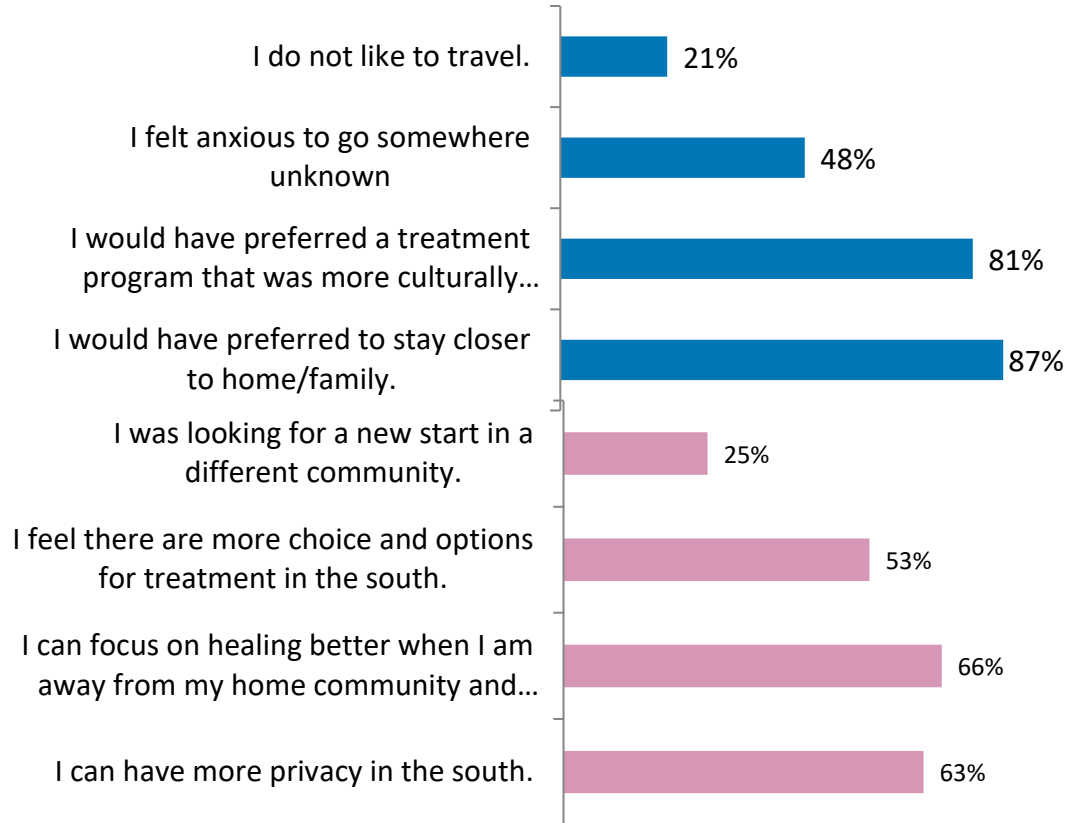
Respondents who had attended a facility-based treatment program were asked if they would have preferred to go to a facility in the NWT. Of those that answered:

Yes
67%

Why?

No
33%

Why Not?



Difficulties Maintaining Recovery

Lack of supportive social networks	62%
Lack of supports and services in my community	55%
No recovery plan in place / lack of planning for recovery	45%
Crisis in my life (e.g. injury, illness, death of a loved one)	44%
Stigma and/or being worried about what people would think of me	39%
Pressure from others to continue using	38%
Challenges within my family (e.g. family conflict, separation)	36%
Fear of judgment (after a relapse, or for reaching out for additional help)	33%
Difficulties getting or maintaining stable or adequate housing	29%
Difficulties getting or maintaining employment	20%
Fear of losing kids	14%
Being prescribed an addictive medication	10%

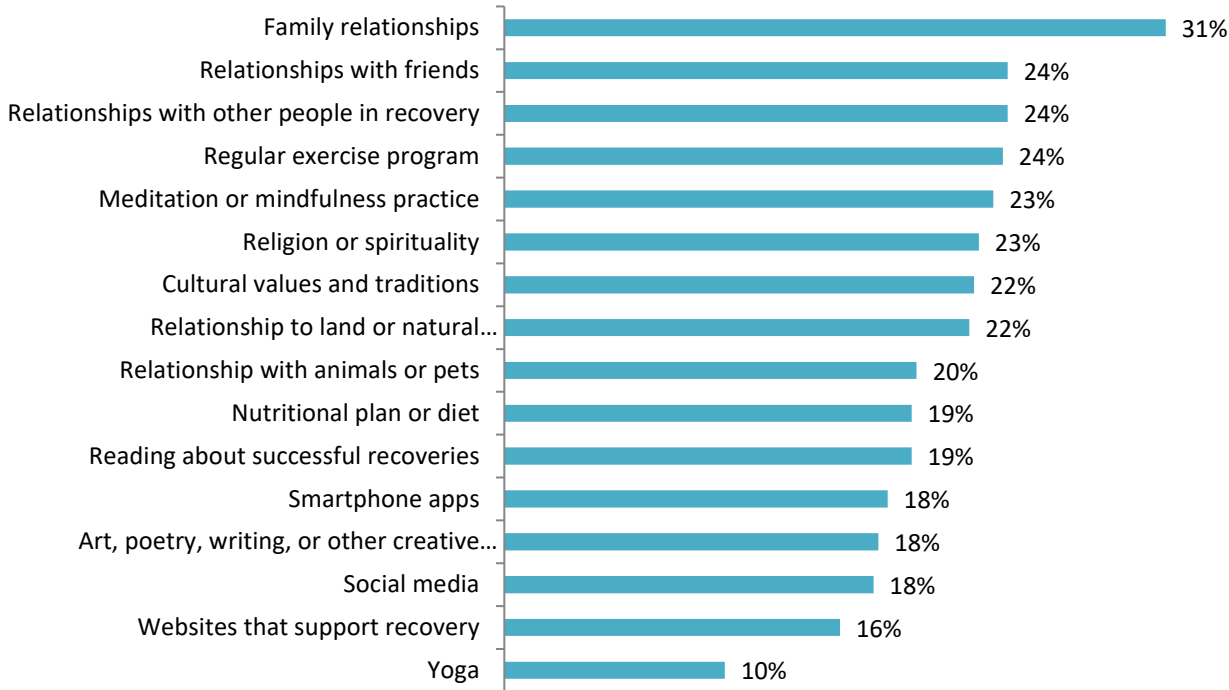
“Have no one to socialize with anymore my friends continue to drink and slim pickings to make new friends in a small community.”

“People need support and after care when returning from treatment. Many times a person is returning from treatment to the same house, with the same people and constant reminders of their previous behaviours.”

“A sudden disconnect from the therapy. I was there six weeks with daily support and came home to none.”



Supports for Recovery



“People sharing their sobriety stories is a way to feel good about being hopeful and that we are not alone”

“Being in the bush - the second I’m in the boat headed to the bush or on the skidoo to head out I feel a sense of relief and peace.”

“Family support. Being a daughter of residential school survivors it is great that they stopped their addictions too”

“The most important one was building a fire pit in our backyard and making a “camp” at home. Whenever things get stressful inside I go out and make a fire”

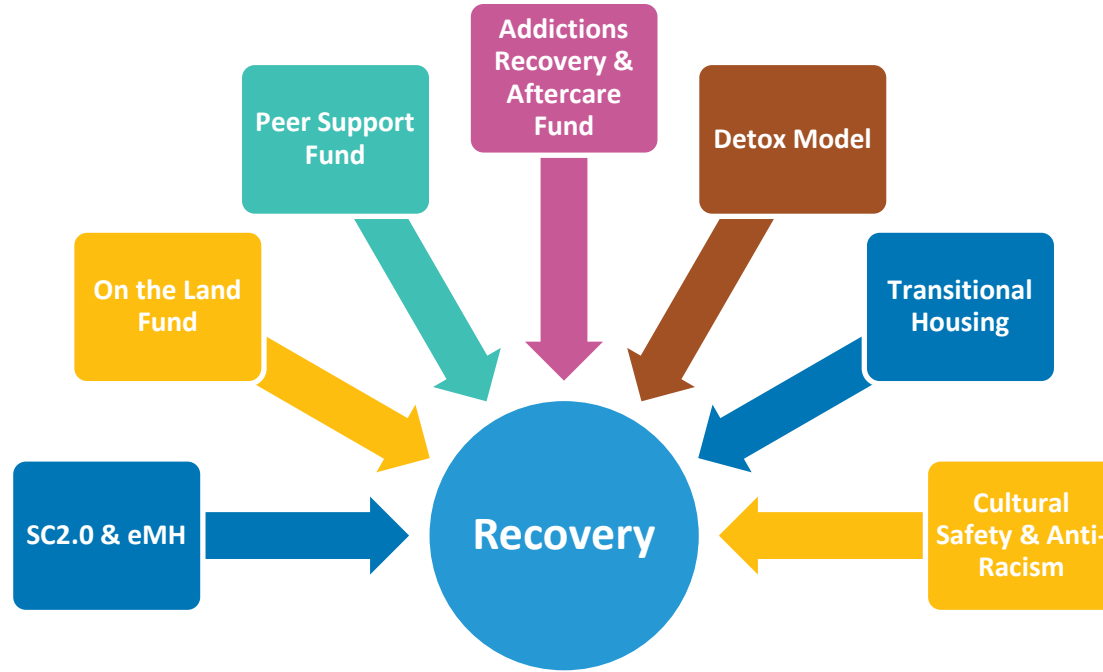


Qualitative Themes

- Service Provision
- Stigma
- Racism
- Confidentiality
- Facility-Based Addictions Treatment



On the Right Track



Moving Forward

- Knowledge Sharing
- Territorial Alcohol Strategy
- Engagement
- Ongoing Data Collection

