

**MENTAL HEALTH AND ADDICTIONS
PROJECTS**

Since October 2019, several projects have been announced to support stronger mental health and addictions services in Manitoba including:

- \$1.5 million to expand the distribution of Thrival Kits in partnership with the Canadian Mental Health Association (CMHA). The kits incorporate evidence-based mental health practices such as mindfulness meditation, personal reflection, stress reduction and coping strategies, as well as interpersonal skills development. Up to 15,600 students are expected to benefit from distribution of these kits, which are introduced to children through activities led by their teachers throughout the school year.
- \$823,000 to increase support for the NorWest Youth Hub including funding for additional counselling and psychologist appointments, primary care visits and mental health support group sessions. In total, the additional investment will allow the number of youth served at the NorWest Youth Hub to increase by approximately 150 per year.
- \$621,000 to expand Project 11, a school-based mental health promotion program for students in kindergarten to Grade 8 established by the True North Youth Foundation. It includes virtual and in-person lessons and activities that are designed to improve mental health awareness and positive coping strategies for students. Approximately 5,000 additional students will benefit from the province's investment in this program.
- \$1.9 million to implement the Métis CART pilot project, which will include teams in Dauphin and Winnipeg that consist of a caseworker, a family mentor, and addictions and mental health workers who provide support for families with parental substance use and child abuse or neglect problems. Families will be able to access services quickly, as well as referrals to various community resources.
- Nearly \$2.4 million over three years to expand walk-in mental health services and specialized trauma counselling at Klinik Community Health Centre and Laurel Centre.
- \$1.6 million over three years to expand the community schools program by adding five schools from across the province to the program, as well as expanding the scope of programming currently offered for 14 kindergarten to Grade 6 schools already participating. This will help extend the benefits of resources and services to more than 10,000 children.